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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 22 SHOPPERS DRUG MART

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Put some pizzazz in your midsummer barbecues with patties made of tuna, salmon and crabmeat PAGE 28

NOT FOR THE SHY GUY

BRIGHT COLOURS, LOUD PRINTS AND BOLD METALLICS DOMINATE TRENDS FOR MEN NEXT SPRING PAGE 23

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TRUE TO YOUR SCHOOL

Mike Love of the Beach Boys plays to the crowd at the Saddledome Wednesday night during their 50th Anniversary Tour. CANDICE WARD/FOR METRO

Review pledged after surprise Shaw explosion

Impact. Outage was 'national' in magnitude, says CEMA director

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Officials with Calgary's largest telecommunications provider hoped to restore a number of critical systems overnight that were lost during an explosion Wednesday afternoon.

Around 1:30 p.m. emergency crews were called to the downtown Shaw Court building to handle what President Peter Bissonnette described as an "electrical flash incident."

It's believed a transformer exploded, leading to a fire that set off sprinklers throughout the 13-storey building. Some floors were left with two- to three-inch puddles, Bissonnette said.

The incident led key equipment to shut down, sparking widespread communication issues with important systems like 911 and those used in hospitals.

"We certainly realize many have been inconvenienced by this," Bissonnette said. "For that, we can only apologize."

Cleanup and restoration crews planned to work through the night. It is believed all key equipment is salvageable, Bissonnette said.

No one was hurt in the fire and there were no reports of serious emergencies among affected customers.

Bissonnette said Shaw maintains backup systems at a number of locations throughout the city and pledged to review what led to Wednesday's failure.

"Sometimes these things happen.... Sometimes even on airplanes redundancies don't always operate in the same way," he said.

But computer-industry experts were quick to criticize the telecommunications giant.

Computer network expert Dr. Thomas Keenan of the environmental-design faculty at the University of Calgary said it's prudent for emergency-service officials to raise questions in the days ahead about why better precautions weren't taken.

"A company as large as Shaw and as profitable as Shaw should have sufficient backup to ensure something like this does not happen," he said.

WITH FILES FROM DARREN KRAUSE

MORE COVERAGE, PAGE 3

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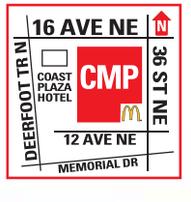

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Crime

Record Stampede crowds keep police busy

With record numbers of people flooding through the gates, police admit they have been kept busy on the Calgary Stampede grounds.

Halfway through the Greatest Outdoor Show on Earth, officers on the grounds report an 18 per cent jump in calls year-over-year. "There has been a 23 per cent jump in attendance, though," pointed out staff Sgt. Rob Van Gastel. "It's likely much of that increase would be attributed to that."

Police have reported a 50 per cent jump in the number of drug-related calls; however, Van Gastel said those types of incidents still only involve a very small portion of the Stampede-going population.

JEREMY NOLAIS/METRO

Business

Productivity dive during Stampede a myth, says CEO

We all know food industries, tourist attractions and hotels rake in the dough during the Calgary Stampede but what happens to productivity downtown?

While some daily work tasks might be pushed to the back burner during the festivities, CEO of Calgary Economic Development Bruce Graham said most downtown companies plan ahead as they can't pass up the networking opportunities the Stampede provides.

"I would hazard to guess the number of deals that are written up during Stampede, but most companies use Stampede as an opportunity to establish new relationships and build existing relationships," he said.

CELESTE DE MUELENAERE/FOR METRO

Calgary Fire Department members work to assess the situation following an explosion at the downtown Shaw Court building, which caused widespread communication difficulties. JEREMY NOLAIS/METRO

Incident creates issues in emergency services

911. Tens of thousands unable to use landline phones, Internet; hospitals forced to go back to pen and paper

Calgary emergency-service workers were forced to scramble Tuesday following an explosion at the downtown Shaw Court building.

Just before 3 p.m., the Municipal Emergency Plan was activated as up to 30,000 residents were left without Internet and landline phone access.

An emergency alert was sent out through city radio stations to use cellphones to call 911 in the event of an emergency.

"It's amazing the amount of reliance we all place on technology … but it's also quite amazing that, when you start talking to people, we're actually quite adaptive in going back," said Bruce Burrell, head of the Calgary Emergency Management Agency.

Inside city hospitals, Alberta Health Service employees were forced to resort to old-fashioned pens, paper and whiteboards; however, Calgary zone medical director Dr. Francois Belanger said patient impact was minimal late Wednesday.

He also denied reports of plans to reschedule a number of surgeries in the coming days.

"It is cumbersome, that's fair to say," Belanger said. "Everybody is working together as a team to ensure the highest-quality patient care."

Disruptions to communication services were not felt solely in Calgary either, as the Shaw Court building also housed "backbone" services through a contract with IBM to a number of different areas throughout the nation, Burrell said.

JEREMY NOLAIS & KATIE TURNER/METRO/ WITH FILES FROM DARREN KRAUSE

Feeling the impact

Some of the major organizations impacted by the Shaw Court explosion:

- 911 call systems for about 30,000 downtown residents.
- The City of Calgary 311 system. A backup number, 403-695-3255, was established for priority calls.
- Alberta Health Services' internal communications system.
- Three Corus radio stations housed inside the Shaw Court building: QR77, Country 105 and Q107.
- Numerous downtown ATMs and ATB Financial's online-banking system.
- Calgary Transit's phone line for Access Calgary Service.
- Taxi-service phone lines.

1 NEWS

On the web

Weighed down? Feed your head instead

Losing the battle of the bulge? Don't blame yourself, blame your brain, say doctors who are using electronic pulses to rework hunger pathways in the brain. Go online to see how neurostimulation is helping the obese lose weight.

Mobile news

A tiny blood-sucking parasite from the Caribbean has been named in honour of Jamaican reggae icon Bob Marley. Is it an homage to the singer or sly insult? Scan the code to find out more.

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Valuable jewelry missing after move

Probe. Police investigating as allegations made against moving company

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Family heirlooms passed down to a Calgary woman have gone missing, leading her to allege a local moving company is at fault.

A two-man crew with Beaver Moving & Storage arrived at Ronda De Lima's southwest home to help her with a move to Discovery Ridge around 10 a.m. Friday.

The local paramedic had put aside a security box containing jewelry with a great deal of sentimental value and planned to transport the items herself.

Valuable

- Ronda De Lima said her stolen jewelry has been appraised and has a total value of about $22,000.
- De Lima said she believes a "transient" worker hired on by Beaver Moving & Storage may be responsible for the theft, but the company claims only full-time staff were present at her home.

"My mom passed away in 2000 and left (the items) to my sister, who died in 2005," she said. "I have no family left — this was all I had."

At some point during the move, De Lima says the box was taken. Police are now investigating, a spokesperson confirmed Wednesday.

But while Beaver Moving & Storage customer-service representative Johanna Perez acknowledged her company was hired for the move, she said another company was present, as was another resident of the home, identified by De Lima as being her husband.

"There is an investigation being done on both sides," Perez said, adding the company is fully co-operating with police. "We are doing our best to find out what happened with this situation."

De Lima denied a second moving company was involved. She said she just wants the items back.

"To me, it isn't about the money," she said. "These aren't things that can be replaced."

Anyone with information about the missing jewelry is asked to contact police or Crimestoppers.

Follow Jeremy Nolais on Twitter @Metro_Nolais

Ronda De Lima is seen in her wedding photo wearing a necklace that has gone missing along with a number of other family heirlooms. SUBMITTED

Community offers help after alleged Stampede parking-cash snatch

Parent volunteers, from left, Solita Work, Pamela Coulombe and Shannon Fox brave the heat to work the Ramsay School parking fundraiser Wednesday. JEREMY NOLAIS/METRO

Calgary companies have shown a little Stampede spirit, stepping in to reimburse $400 stolen from a school fundraiser earlier this week.

On Monday, parent volunteer Alison Boyd was manning her post at the annual Ramsay School parking fundraiser, which sees parking offered at a discounted rate just a short jaunt from the Calgary Stampede grounds.

"It was our busiest time of day," Boyd said. "It was around 10:45 (p.m.), right before the fireworks, when this one car full of guys pulled up.

"I was distracted and one of them must have reached into my pouch ... I didn't realize until I turned to the next car that a three-inch stack of $5 bills was missing."

Thankfully, a number of local companies have offered to reimburse the money, which is used to fund school field trips, snack programs and other extracurricular activities.

"We saw on Twitter that they had been robbed and it just kind of struck a chord with us," said Deneise Sherlock with Missing Link Extraordinary Sausage, which donated $200. "We said this isn't right, something has to be done."

Boyd has also reported the theft to Calgary police, who confirmed Wednesday they are investigating. Anyone with information or who may have witnessed the incident is asked to contact police or Crimestoppers. JEREMY NOLAIS/METRO/ WITH FILES FROM ALICIA GERRIOR

Struggling school

- Ramsay School currently only has 90 students enrolled and has been the focus of school-closure talks in the past.
- Because of its smaller population, the school often struggles to maintain volunteer levels: Alison Boyd was manning her post at the parking fundraiser alone Monday, which volunteers have surmised made her a target for thieves.

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Near-drowning. Toddler's rescue by family friend a 'miracle,' says family

A Calgary family is grateful for the quick actions of a family friend who saved their toddler from drowning.

The friend performed CPR on the unresponsive toddler after he pulled her from his Surrey pool on Monday.

Kiara Benjatschek, 2, was rushed to B.C. Children's Hospital, where she's currently recuperating.

The family said Benjatschek is in good condition. The toddler is conscious and comfortable.

In a statement issued through the B.C. Children's Hospital, the family thanked first responders, staff at Surrey Memorial Hospital and B.C. Children's Hospital, as well as family and friends who prayed for Benjatschek.

They also said in the statement, they were "grateful to God for the miracle of Kiara's complete recovery" and said they were blessed to have a family friend that knew CPR and saved the toddler's life.

Benjatschek's near-drowning came just one day after the drowning of a 20-month-old Surrey child. The infant's grandmother who risked her life trying to save the boy in that incident died the following day.

ALICIA GERRIOR/FOR METRO

Alberta's energy resources. Carbon capture and storage project approved

Regulators have conditionally approved the first proposal to pump greenhouse-gas emissions from Alberta's oilsands deep into the ground.

Shell Canada's Quest carbon-capture project calls for permanently storing more than one million tonnes of carbon dioxide a year from its Scotford upgrader.

Alberta's Energy Resources Conservation Board says it's in the public interest for the project just outside Edmonton to go ahead.

The board has imposed 23 conditions before work can begin and the project must still be reviewed by Alberta's Environment Department.

Conditions

23

The board has imposed 23 conditions before work can begin, and the project must still be reviewed by Alberta's Environment Department.

The project is to receive $745 million from the provincial government over 15 years and $120 million in federal funding.

Shell says it must review the economics of the project with its partners, Chevron Canada and Marathon Oil, before deciding whether to proceed this year.

THE CANADIAN PRESS

Emily Anne Stewart is seen on her travels in this undated photo. SUBMITTED

Chasing a dream job in New Zealand

Gig. Prize is two-month paid trip to travel around the country and blog

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Emily Anne Stewart has already travelled across much of the world, but now she needs the help of friends, family and complete strangers to go on another adventure.

Praise

"I honestly could not imagine a better candidate. She is so effervescent and universally welcoming to everyone." Maura McGowan, longtime friend of Arrival Magazine contest finalist Emily Anne Stewart

The 24-year-old Calgary nanny is the lone Canadian finalist for a competition hosted by New Zealand's Arrival Magazine that will send one winner and a friend to the country for a two-month stint as a travel blogger.

Stewart is now attempting to outdo five fellow finalists from as far away as Macedonia using social media tools like Twitter and Facebook.

"It's all about getting likes and retweets and so on," she said. "Once you get to New Zealand you get to help design the look for the camper you travel in. You get a phone and a camera and they just let you loose."

Stewart has already been to New Zealand once before as part of a post-graduation backpacking trip that started in Ireland.

A number of family friends have also taken it on themselves to help Stewart, organizing campaigns on social media and sending out mass emails to corporate and media partners.

For more information about the contest and to lend your support to Stewart, visit facebook.com/ArrivalMag.

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Refuge raided. Canada geese gassed in flap over aircraft safety near JFK

U.S. wildlife officials finally got their hands on 700 Canada geese.

They've gassed the geese that were holed up in a bird refuge next to John F. Kennedy airport in New York.

The birds were considered prime culprits in deadly aviation strikes.

But they were untouchable, living on protected land belonging to the U.S. National Park Service.

That all changed Monday, said USDA spokesperson Carol Bannerman.

Armed with U.S. Fish and Wildlife permits, officials snared the 700 geese, shipped them to upstate New York for processing and will hand out the meat to food charities.

"Forty-six per cent of the strikes between civil aircraft and Canada geese occur in the summer," Bannerman said. "Eighty per cent of the strikes are with resident (as opposed to migratory) Canada geese.

"About half of these cause damage, $90-million worth over the last 20 years."

After Flight 1549 glided into the Hudson River, the USDA struck an agreement with New York City to remove Canada geese from parks and other city-owned property within an eight-kilometre radius of JFK and LaGuardia airports, expanded in 2010 to 11 kilometres.

But the U.S. Park Service resisted efforts to get at the Canada geese in Jamaica Bay, considered a prime birding spot. TORSTAR NEWS SERVICE

A true hero

One of the most famous Canada geese midair strikes produced true pilot heroism.

- **Impact.** Canada geese sucked into jet engines crippled U.S. Airways Flight 1549 out of LaGuardia on Jan. 15, 2009.
- **Splash.** Capt. Chesley Sullenberger managed to glide the plane into the Hudson River and save all 155 people on board.

Zoo tragedy. Siberian tigers maul man to death — suicide not ruled out

Siberian tigers have fatally mauled a man inside an enclosure at the Copenhagen Zoo.

Investigators haven't ruled out suicide by the 21-year-old Afghan-born man.

"We don't know why he went in and why he ended up in the enclosure," said police spokesperson Lars Borg.

The man sustained multiple bite wounds to the throat, face, chest and a thigh.

He was granted Danish citizenship last month and his family has identified him, Borg said. Police declined to release his name.

Borg said the man appeared to have entered the tiger area late Tuesday and ended up in the moat inside the enclosure.

"He was killed in the water," Borg said.

Zoo manager Steffen Straede said it was the first time in the zoo's 152-year history that such an incident has occurred.

There are no plans to reassess security or to put the tigers down, Straede said. THE ASSOCIATED PRESS

A tiger roams the Copenhagen Zoo den on Wednesday.

LINDA JOHANSEN/THE ASSOCIATED PRESS

Husband arrested

One of Britain's richest women in death mystery

London police have arrested the husband of one of Britain's richest women, who was found dead in her home this week.

Eva Rausing was the wife of Hans Kristian Rausing, whose father made a fortune manufacturing laminated cardboard drink containers.

The philanthropist couple waged a long battle against drug addiction.

They were arrested on drug charges in 2008 after Eva Rausing was caught trying to smuggle crack cocaine and heroin into the U.S. Embassy in London in her handbag. THE ASSOCIATED PRESS

Branson family

A space trip? That's kids stuff

Richard Branson's space flight will be a family affair: The British tycoon says his two adult children will join him on a two-hour journey on SpaceShipTwo next year — along with 120 others.

"Next year Holly and Sam will be joining me for a first voyage into space," the thrill-seeker said on Wednesday at the Farnborough Airshow south of London.

"Going into space is a hard business. It keeps my mind buzzing." THE ASSOCIATED PRESS

Just 15,000 inmates

Toews springs a jail surprise

Federal Public Safety Minister Vic Toews says predictions of an explosion in the prison population are not coming true.

Toews says the inmate population stood at just under 15,000 as of June 30 — almost 3,000 below estimates by the Correctional Service of Canada.

Altered images

Petition targets Teen Vogue

Seventeen magazine promised not to alter body shapes in photographs. Now a group of teenage girls has collected 28,000 signatures asking Teen Vogue to stop digitally manipulating images. THE ASSOCIATED PRESS

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Romney booed during pitch to black voters

NAACP. U.S. presidential candidate takes shots at Obama while attempting to reach out to key demographic

Republican presidential candidate Mitt Romney made a major pitch to black voters Wednesday with a heavy emphasis on the economy, but was booed when he promised to get rid of the Obama administration's health care overhaul.

"I will kill every expensive and unnecessary program I can find, and that includes Obamacare," Romney said, then waited and smiled through the crowd's disapproval.

He faced more boos when he criticized President Barack Obama, who won 95 per cent of the black vote in 2008, and expects high support again in the November election.

Presidential Candidate Mitt Romney
EVAN VUCCI/THE ASSOCIATED PRESS

Republicans and Democrats said Romney was making a statement just by speaking to the oldest U.S. civil rights group. His speech tried to show independent and swing voters that his campaign is inclusive.

"If equal opportunity in America were an accomplished fact, then a chronically bad economy would be equally bad for everyone," Romney told the annual meeting of the National Association for the Advancement of Colored People. "Instead, it's worse for African Americans in almost every way."

The economy is the main issue in this year's presidential race. The the U.S. unemployment rate is stuck at 8.2 per cent (14.4 per cent among blacks).

Romney argued he's best suited to create more jobs.

THE ASSOCIATED PRESS

Derailment launches emergency crews

This aerial photograph shows a derailed freight train in Columbus, Ohio. Part of the freight train carrying ethanol derailed and caught fire early Wednesday, prompting the evacuation of a kilometre-wide area as firefighters and hazardous materials crews monitored the blaze. Officials said they don't know yet what caused the accident. Nobody aboard the train was injured. EAMON QUEENEY, THE COLUMBUS DISPATCH/THE ASSOCIATED PRESS

Forced abortion

Family accepts cash settlement

The family of a woman forced to undergo an abortion because she ran afoul of China's one-child policy has accepted a cash settlement, apparently ending a controversy that caused a public uproar and embarrassed the government.

THE ASSOCIATED PRESS

Mississippi

Abortion clinic will remain open

A federal judge on Wednesday continued to block a law that threatened to shut down Mississippi's only abortion clinic and make it nearly impossible for a woman in one of the poorest states in the U.S. to get the procedure.

THE ASSOCIATED PRESS

Scavenger attack

Raccoons chase, bite woman

A Washington state woman says she was attacked and bitten by raccoons after her dog chased several of the animals up a tree.

Several raccoons chased Michaela Lee for more than 20 metres, knocked her down and bit her.

THE ASSOCIATED PRESS

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Hazing death. Florida university president resigns amid scandal

The president of Florida A&M University resigned Wednesday, the same day the school was sued by parents of a drum major who died after being beaten by fellow band members in a hazing ritual. It was unclear if the two events were related.

Robert Champion's death put a spotlight on the controversial new-member rituals among some of the country's top college marching bands.

Champion died after fellow band members beat him aboard a bus parked outside a hotel following a football game in November against the school's archrival.

The school's trustees in June gave university president James Ammons a vote of no confidence after questioning his management of the band prior to Champion's death.

Champion's parents, Robert and Pamela, applauded Ammons' resignation, calling it part of a necessary "house cleaning" at the university.

Eleven band members face felony hazing charges and have pleaded not guilty. Their trial is scheduled to begin the same month as Ammons' resignation, in October.

THE ASSOCIATED PRESS

Sanctions rollback

U.S. set to invest in Myanmar oil

The United States is poised to allow U.S. companies to invest with Myanmar's state oil-and-gas enterprise as the Obama administration takes its biggest step yet to roll back sanctions.

THE ASSOCIATED PRESS

Suicide attack

Yemeni cadets killed in bombing

A suspected al-Qaida suicide bomber detonated his explosives among a crowd of Yemeni police cadets as they were leaving their academy Wednesday, killing at least 10 of them, according to security officials.

THE ASSOCIATED PRESS

Americans agree: 9-11 is TV event of past 50 years

Research. Despite consensus on No. 1, men and women differ on cultural impact of other memorable telecasts

In this Sept. 11, 2001, photo, the twin towers of the World Trade Center burn behind the Empire State Building in New York. A study released Wednesday found the television coverage of the Sept. 11 terrorist attack left the largest impression on viewers in the past 50 years. MARTY LEDERHANDLER/THE ASSOCIATED PRESS FILE

The Sept. 11, 2001, terrorist attack is by far the most memorable moment shared by television viewers during the past 50 years, a study released on Wednesday concluded.

The only thing that came close was President John F. Kennedy's assassination and its aftermath in 1963, but that was only for the people aged 55 and over who experienced those events as they happened instead of replayed as an historical artifact. Sony Electronics and the Nielsen television research company collaborated on the survey. They ranked TV moments for their impact not just by asking people if they remembered watching them, but if they recalled where they watched it, who they were with and whether they talked to other people about what they had seen. By that measure, the Sept. 11 tragedy was nearly twice as impactful as the second-ranked moment, which was the coverage of Hurricane Katrina in 2005.

Men and women agreed on the three most impactful television events — Sept. 11, Katrina and O.J. Simpson. After that, some interests diverged.

For example, women ranked the 1997 funeral of Princess Diana as the fourth most memorable event, while men put that at No. 23. Young people ranked Barack Obama's Election Night speech in 2008 at No. 3, while older viewers ranked it 24. THE ASSOCIATED PRESS

METRO CUSTOM PUBLISHING

WRANGLING FOR A PARTY

Saddle up and celebrate the grand opening of the new BMO® Chinook Branch on July 14.

The grand opening celebration kicks off during the Calgary Stampede, since it is the official bank of the Calgary Stampede, during the 100th anniversary celebrations.

"I am very excited to have our grand opening during Stampede. BMO Bank of Montreal is the official bank so this ties in beautifully," says Teri Savoie-Pollard, branch manager, BMO Bank of Montreal.

The party gets going at 11 a.m. with the official ribbon cutting at noon.

It is a family themed party, so be sure to bring your children. BMO the Bear will also be in attendance and attendees will have the chance to win a shiny new iPad, perfect on which to load all of their favourite Stampede music and photos.

This new full-service branch opened its doors April 30 and is located at 65th Avenue and Macleod Trail SW, and offers customers a number of new exciting banking features.

For more information about this new branch, or to speak with a customer service representative at the branch, call 403-234-1848.

The BMO Chinook Branch's extended hours of operation, which include Saturdays and Sundays, are:

- Monday to Wednesday, 9 a.m. to 6 p.m.;
- Thursday and Friday, 9 a.m. to 8 p.m;
- Saturday, 9 a.m. to 4:30 p.m.;
- Sunday, noon to 4 p.m.

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Between July 3 and August 15, 2012, use our Coin Counter at our newly relocated Chinook Branch and deposit your funds into a new Premium Rate Savings Account and we'll match your first deposit up to $25 to kick-start your savings.[1]

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[1]This offer of a $25 bonus (the "Bonus") commences on July 3, 2012 and is only available at the Bank of Montreal ("BMO") Chinook Branch located at 6550 MacLeod Trail SW, Calgary, Alberta, T2H 0K6 (the "Branch"). The Bonus is applicable only to new Premium Rate Savings Accounts. New accounts are defined as BMO bank accounts registered in the name of a customer who has not had a Premium Rate Savings account with BMO since February 1, 2011. This offer expires at the close of business on August 15, 2012 (the "Expiry Date"). In order to qualify, you must do each of the following no later than the Expiry Date: (i) Open a new Premium Rate Savings account (an "Account"), (ii) use the Coin Counter, and (iii) deposit the coins counted into your Account (coin counter receipt evidencing time of use during the offer period to be submitted to BMO at the time of deposit). Limit one Bonus per customer (only one customer per Account is eligible to receive the Bonus). A processing fee of 8% is charged for amounts greater than $250 deposited into the Coin Counter. This Bonus cannot be combined with any other offer. Current Premium Rate Savings Accounts are not eligible for this promotion. ®Registered trade-marks of Bank of Montreal.

Universal Studios. U.S. theme park sued after barring amputees from ride

Universal Studios Hollywood has been sued for barring amputees from a theme park roller coaster.

The Los Angeles Times says the federal court lawsuit contends two men were kept off the Revenge of the Mummy ride in violation of the Americans with Disabilities Act.

Angel Castelan's forearms were amputated after an electrical accident as a child and Marvin Huezo's legs were amputated after a car accident.

Castelan says ride operators told him in 2010 that he couldn't ride the coaster because he doesn't have hands to grip the safety bars.

He returned to the theme park last year with Huezo and operators told them a new policy requires riders have at least one hand and one leg.

A theme-park spokesman declined comment on pending litigation against Universal Studios.

THE ASSOCIATED PRESS

Cape Cod

Shark that chased kayaker not a great white: Expert

The shark that caused a sensation when a photo of its fin slicing through the waters off Cape Cod behind a frightened kayaker was distributed worldwide might not have been a man-eating great white after all.

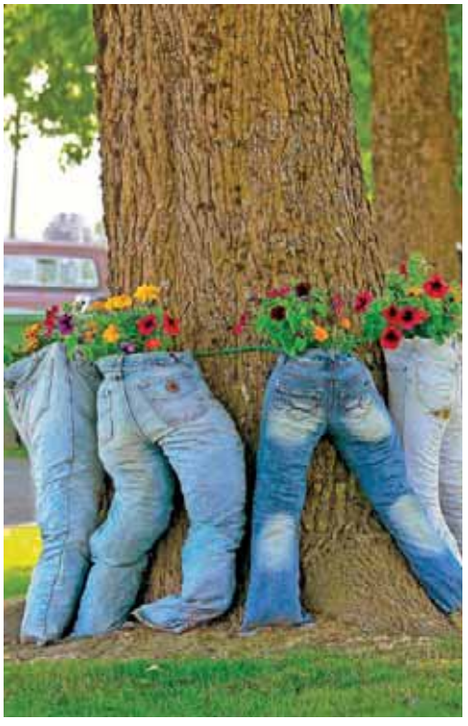
Massachusetts's top shark expert says the fin likely belonged to a harmless basking shark, a giant fish that feeds on nothing but plankton.

Greg Skomal of the Massachusetts Division of Marine Fisheries says the fin's shape and the depth at which the fish was swimming make him near positive it was a basking shark.

He says a basking shark's fin is more rounded at the top and basking sharks swim closer to the surface.

Of course, Skomal says, there really are great whites in Cape Cod waters.

THE ASSOCIATED PRESS



Blue jeans going to pot

This Tuesday photo shows street-side planters in Venna Godbey's front yard in Longview, Wash. She used seven pair of old jeans to make the planters to amuse passersby. She filled the legs with straw and put planter boxes on the top. BILL WAGNER/THE ASSOCIATED PRESS

Penn State. Paterno letter released one day ahead of pivotal sex-abuse report

Joe Paterno defended his football program's integrity in a seven-month-old letter released Wednesday, a day ahead of a report that could forever mar his legacy.

In the letter, written shortly before his death from lung cancer in January and confirmed as legitimate by his family, Paterno rejected the notion that Jerry Sandusky's sexual abuse of boys amounted to a "football scandal" or in any way tarnished the accomplishments of his players or Penn State's reputation as a whole.

The results of Penn State's internal investigation into the Sandusky scandal are set to be released Thursday in a report that should answer many of the troubling questions swirling around one of the worst scandals in sports history.

A team led by former federal judge and FBI ex-director Louis Freeh interviewed hundreds of people to learn how the university responded to warning signs that its former assistant football coach — a man who helped Paterno win two national titles for a university that touted "success with honour" — was a serial child molester.

Penn State University officials, including president Graham Spanier, are awaiting a report on the Jerry Sandusky scandal.

CAROLYN CASTER|THE ASSOCIATED PRESS

Sandusky was convicted on 45 criminal counts last month at a trial that included gut-wrenching testimony from eight young men who said he abused them as boys. By contrast, the Freeh report, to be released online at 9 a.m. Thursday, will focus on Penn State and what it did — or didn't do — to protect children.

Eight months after Sandusky's arrest, it remains unclear how top university officials handled reports dating back at least 14 years that Sandusky was behaving inappropriately with boys he met through his charity, bringing them on campus and forcing them into sex acts.

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Q2. Consumer spending up, but June figures suggest slowdown: Study

Consumer spending increased in the second quarter compared with a year ago but that figures for June point to a slowdown, according to a report by credit- and debit-card processor Moneris Solutions.

Moneris said Wednesday that, overall, consumer spending increased 4.67 per cent year-over-year in the quarter, but that the smallest amount of growth, 3.72 per cent, occurred in June.

"While the Canadian economy continued to experience healthy growth in the second quarter of 2012, some signs point to a potential reduction in spending," said Jim Baumgartner, president and CEO, Moneris Solutions.

During the second quarter, the entertainment category saw the highest increase in overall spending in the quarter, up 9.43 per cent, while hotels and restaurants came in a close second, with growths of 6.75 and 6.41 per cent, respectively.

The specialty retail category also experienced strong growth, with stationery (6.62 per cent), florists (6.33 per cent) and pet shops (6.14 per cent) leading the increase in dollars spent.

THE CANADIAN PRESS

Modest growth

2.74%

Apparel, a traditionally strong spending category for Canadians, experienced more modest growth, with an increase of 2.74 per cent compared to the same period last year, Moneris said.

San Bernardino

Another California city goes bankrupt

As recently as last month, no city in California had opted for bankruptcy since 2008, and no U.S. city of more than 200,000 people had ever chosen that route.

San Bernardino became the third California city in that small span to choose bankruptcy protection with a city council vote on Tuesday night.

Stockton, the northern California city of nearly 300,000, became the biggest when it filed for Chapter 9 on June 28. The much smaller city of Mammoth Lakes voted for bankruptcy July 3.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.05¢ (+0.26¢)

TSX 11,544.64 (+32.42)

OIL $85.81 US (+$1.90)

GOLD $1,575.70 US (-$4.10)

Natural gas: $2.853 US (+11.6¢)
Dow Jones: 12,604.53 (-48.59)

Cool new cash can't handle the heatwave

Melting money. Polymer banknotes reportedly don't stand up to this summer's sweltering conditions

GRAHAM LANKTREE
Metro in Ottawa

Shrivelled bills were all one man found after he stored his money in a tin near a heater. CONTRIBUTED/CAMBRIDGE TIMES

Despite having more security features than you can shake a stick at, Canada's new polymer-based banknotes may have one weakness — the sweltering summer heat.

Brittney Halldorson, a teller at the Interior Savings Credit Union in Kelowna, says the new $50 and $100 bills are supposed to withstand boiling water, but she has seen cases where several of the bills melted.

"We have seen it a few times now where there have been either three to four, or five to 10 (bills) all melted together," she said.

In January, a report from Cambridge, Ont., noted that a man who stored his bills in a tin box near a heater returned the next day to find them shrivelled and melted together.

"We've put these notes through a lot of testing so that they stand up to our very hot summers and cold winters. The notes perform as intended under the conditions," said Julie Girard, a currency spokesperson for the Bank of Canada.

Girard said that if anyone has a bill that has been damaged in any way, they can have the money replaced by filling out a form on the bank's website.

The bank's new $20 note is set for release this November, Girard said, and the remaining $5 and $10 denominations will be out before the end of 2013.

Follow Graham Lanktree on Twitter @MetroGraham

RIM's board takes heat over changes

Research In Motion has taken many hits in recent months, but the composition of the BlackBerry maker's board of directors is a growing concern for some shareholders who are pushing for major changes sooner rather than later.

Vague assurances by chairwoman Barbara Stymiest of changes to come at the company's annual meeting this week left some, including activist shareholder Vic Alboini of Jaguar Financial, unsatisfied and calling for a makeover of the board now.

Alboini, who declared his hard stance at the shareholder gathering, showed no signs of letting up Wednesday, saying chief executive Thorsten Heins was not suited for the job.

"I think he should be gone from the company. He was there for the last five years and he was part of the problem," Alboini said in an interview Wednesday.

Alboini has called for RIM to bring on more diverse board members, including one from Silicon Valley and two from New York, adding that the company could also benefit from additional non-Canadian members.

"You might also need somebody in Southeast Asia," he said, a market that RIM has proclaimed of particular interest as it looks to push sales of its older BlackBerry smartphones in the short term. THE CANADIAN PRESS

Oil. Lessons learned from Michigan spill: Enbridge

Lessons learned from an Enbridge pipeline spill in Michigan two years ago will be applied to the controversial Northern Gateway pipeline and other future projects, the soon-to-be CEO of the pipeline company said Wednesday.

"We haven't just been sitting around for the past two years," Enbridge president Al Monaco told reporters at the TD Securities Energy Conference.

"We made lots of enhancements in various areas of our business and we're going to continue to apply those learnings."

Monaco made his remarks a day after a report by the U.S. National Transportation Safety Board slammed the company's response to the leak, in which some three million litres of crude spilled into wetlands, a creek and the Kalamazoo River.

The agency said control-room employees misinterpreted alarms signalling a problem with the pipeline and pumped more oil into it — twice — instead of shutting it down. It said it took more than 17 hours to respond properly.

The report also said Enbridge knew about corrosion problems on Line 6B in the southern part of the state five years before the spill and didn't fix it.

Some employees are "no longer with us," said Monaco when asked if anyone had been disciplined following the spill. He declined to be more specific.

THE CANADIAN PRESS

Trade. Global weakness hits Canadian exporters

Canada's merchandise trade deficit with the world expanded more than expected to $793 million in May, suggesting global economic difficulties are taking a toll on Canadian producers.

It was the second consecutive big monthly setback after some steadily improving trade results, and was made worse by a revision to April's data, which pushed that month's deficit to $623 million from a previously reported $367 million.

The surprisingly deep downturn worried even normally bullish analysts that a trend to weaker numbers may be setting in.

Economists said the trade performance will drag down economic growth in the second quarter, which ended in June but has yet to be released.

As expected, given the European recession and slow growth in the United States, exports to most advanced countries were weak during the month. But the big shocker was that exports to Japan fell a massive 25.7 per cent.

Overall, exports held steady at $38.9 billion, while imports rose 0.4 per cent to $39.7 billion.

Another surprise, said Emanuella Enenajor of CIBC, is that imports of machinery and equipment again declined and are down on a year-to-year basis, flying in the face of Bank of Canada surveys suggesting firms will continue to up investments.

The Bank of Canada had expected second-quarter economic growth to come in at 2.5 per cent, but most economists believe the central bank will cut that projection next week.

THE CANADIAN PRESS

WORD FOR TODAY

If you have not heard from God recently, take time off to be with Him, talk to Him and wait for Him.

(For since the world began, no ear has heard and no eye has seen a God like you, who works for those who wait for him. Isaiah 64:4)

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MAN VS. TOILET: THE ETERNAL STRUGGLE

HE SAYS...
John Mazerolle
metronews.ca/hesays

Today, I am a man.

I mean, I've been male for as long as I can remember. But I've never been a guy's guy. I like hockey because of the elegant flow. I like The Tragically Hip because of the delicate lyrics. And I like MMA because I enjoy watching jackasses in bars swinging their fists at the TV and yelling "Kill him!" when the screen is showing two men hugging on the floor.

This lack of manhood made me uncertain when confronted with the challenge every true man must face: The clogged toilet.

I had to cross the Rubicon, and it wasn't flowing properly.

It started as all clogs do, with the water rising towards the top of the bowl and me willing it to stop with a battle cry of "No, no, no!" and staring at it really hard.

Defeated

At one point, the toilet ripped the plunger from my hands, broke it in two and spit it across the room, chuckling at me. The toilet will independently confirm this story.

I tried to defeat it with the plunger. But this was no ordinary clog. You know those movies where fighter jets are flying around and their missiles do nothing, like with The Squid From Beyond the Stars? That was my plunger.

At one point the toilet ripped the plunger from my hands, broke it in two and spit it across the room, chuckling at me. The toilet will independently confirm this story.

This was my darkest hour. So I did as many great warriors through history have done when all seemed lost. I turned to the sages. In this case, plumbers on YouTube with Louisiana accents who brag about their toilets the way other guys show off their sports cars.

Here I learned about my silver bullet, my Excalibur, my Star Trek technology that solves everything and is then forgotten in all future episodes.

I learned of the closet auger — a big snake that goes into the toilet, grabs the evil inside, and rips it out of the Hell-mouth. It seemed a little out of my depth, but I'd have used a whip and chair if they'd told me to.

I asked a few acquaintances at the local watering hole if they had an auger. Because I had not yet earned the respect of my fellow men, they all asked me the same thing: "Did you try a plunger?" as if I'd never heard of one. I assume they imagined me standing in the bowl and jumping up and down.

I ventured into a hardware store, chose my weapon, and pulled from the toilet the source of all evil: One sock. How a sock ended up in the toilet I cannot be sure, but I'm going to assume the toilet ate a previous owner.

So, now, I am a man. I faced my fears, the enemy without and within, and came away a hero. If you need your toilet unclogged, I will gird my loins and once again make the plunge — a man for all times.

I also understand women do this sort of thing without making a big fuss. If you're into that sort of thing.

Every man's nemesis: the toilet. ISTOCK

This chipmunk has gone nuts

DANIEL PARENT/SOLENT

Wildlife photography

Funny chipmunk gorges on nuts

This greedy, and indeed cheeky, chipmunk appeared to have bitten off more than he could chew when he got into a pile of peanuts.

The cute critter was part of a group of eight that had been given the nuts to share.

Metro chatted with Daniel Parent about his amusing photograph.

METRO

Daniel Parent, 51, is a photographer from Gatineau, Que. JIM CUMMING

Parent on his experience

- **How did this happen?** "I was photographing a rare leucistic chipmunk in Ottawa, and was using the peanuts to distract the regular chipmunks," Parent explains. "There were about eight of them and some appeared to be quite greedy and stuffed their mouths, creating this amusing photo opportunity. I wasn't counting but I think some chipmunks easily got two peanuts into their cheeks, some of the more ambitious tried to get more. I sat about six metres away with my camera and waited for the chipmunks to come and get the peanuts."
- **Chipmunk challenge.** "Chipmunks are quick and most just grabbed a peanut and left," Parent says. "It took some time for this chipmunk to stay still and try to put as many peanuts in its mouth. Then I had to be in the right position to capture a moment in time when the chipmunk was in sight and stayed moderately still."

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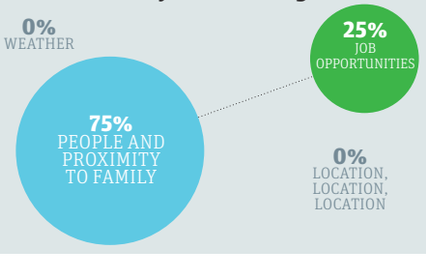

Twitter

@bradleychisholm: I think #Stampede100 should create a training academy to get us ready for this. #marathonnotasprint

@XOjesXO: Please GOD let it rain. I cannot sleep in this hell. #yyc

@403lyfe: Hot weather in #yyc doesn't last long enough for many people to justify getting a/c. But the few nights that ARE hot = death. #403probs

@lubeyisms: Dear #Stampede, You bring out the most entertaining sides of people. #YYC #Stampede100

@YorchCalgarian: I really, really dont trust people happy all the time, in fact I hate them, science fact #yyc

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2 SCENE

Entertainment in brief

Courtney Love being sued, again

Courtney Love's former assistant is suing over unpaid wages and claims the rocker made unethical requests such as instructing her to hire a hacker and falsify legal letters. Jessica Labrie filed the wrongful termination, wage and breach of contract lawsuit in Los Angeles on Tuesday. The suit states Labrie worked as Love's administrative assistant for about a year in 2010 and 2011, but was fired after complaining she was owed thousands in unpaid wages and expenses for business trips.

THE ASSOCIATED PRESS

On the web

Hollywood-driven Stand Up to Cancer telethon returns in September to raise money, awareness

More rock 'n' roll than rodeo

Greatest Outdoor Show on Earth. Johnson lives in Texas and owns a ranch north of the city, but music is what brings him to Calgary this weekend

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

Gordie Johnson and Big Sugar bring their eclectic rock-blues-reggae sound to the Stampede's Coca-Cola Stage Saturday night. HANDOUT

The Calgary Stampede means country music and corn dogs to some.

But rock 'n' roll, not rodeo, is the first thing that pops into Gordie Johnson's head when the self-proclaimed Greatest Outdoor Show on Earth is mentioned.

"It means great gigs," says the frontman for veteran Canadian rockers Big Sugar.

"We don't play every year, but every other year or so for most of my career Stampede has meant getting to put on a big outdoor rock 'n' roll show. Even the whole city comes alive with live entertainment."

Johnson recalls playing the outdoor Coke Stage a few years back and watching grown men cry as he played All Hell for a Basement, Big Sugar's ode to transplanted Newfoundlanders working in Alberta's oil fields.

"I thought, 'Oh man, this is a great moment," he says. "Both as a songwriter and a performer."

That's not to say the singer and guitarist doesn't have a soft spot for the traditional rodeo aspect of the Stampede.

Johnson spends much of his time in small-town Texas with his family and also owns a ranch just north of Calgary, where he raises horses and has inadvertently become a rodeo clown.

"I've been chased by an angry animal once or twice," he says with a laugh.

"One year, I gave a cow an injection and she didn't appreciate it. She tossed me on top of a shed. That's my rodeo experience right there."

But music is what brings Johnson and Big Sugar to Calgary this weekend. The band is playing the Coca-Cola Stage on Saturday night with special guest, The Trews.

Johnson is heading into the studio with The Trews in September to produce their upcoming album, and says Saturday's show will be a family affair.

"Those guys are like uncles to my kids," he says.

"There's no way we're not all going to be onstage at the same time. There's going to be 12 people up there at some point. It becomes our big house party and everyone's invited."

Details

- Big Sugar and The Trews perform on the Coca-Cola Stage at the Stampede Grounds Saturday starting at 8 p.m. Show is free with gate admission.
- Gordie Johnson will sing a few acoustic songs and sign autographs at Heritage Poster & Music Shop's Psychedelic Stampede Breakfast between 11 a.m. and 1 p.m. on Saturday. Heritage is located at 1502 – 11 Ave. S.W.
- Corb Lund's new album, Cabin Fever, is released Aug. 14 through New West Records.
- Johnson recently produced the new album by southern rock band, Gov't Mule.
- He currently plays in four different bands: Big Sugar, Grady, Wide Mouth Mason and the new gospel-inspired group, Sit Down Servant.

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Last weekend, pop queen Katy Perry got the documentary treatment with the opening of Katy Perry: Part of Me. Although more suggestive than her Disney Channel counterparts (The Jonas Brothers, Miley Cyrus/Hannah Montana) or Justin Bieber, Perry joins the ranks of musicians popular with tweens and teens to be sanctified on the silver screen through a biopic/documentary. Earplugs in place, we take a look at these behind-the-scenes tales of a pop sensation's life on the road.

KILLIAN YOUNG
Metro World News in New York

Biopics that are fit for a tween

Hannah Montana & Miley Cyrus: Best of Both Worlds Concert Tour (2008)

Most ridiculous part: A father with two daughters wears a platinum Hannah Montana wig and says, "I didn't expect so much screaming." A 14-second screaming montage follows.

Song that's just as good or better than the original: Miley Cyrus (as herself) performs The Best of Both Worlds — the theme to her TV show — along with her alter ego, Hannah Montana, who is digitally rendered on a large screen. It's surprisingly moving.

Part where the artist seems most human: When Miley Cyrus is dropped during a stunt at one of the shows and voices her concern later in practice, the viewer realizes that at the start of her Best of Both Worlds Tour, Cyrus was only a 14-year-old girl on a 54-city tour of the U.S.

Justin Bieber: Never Say Never (2011)

Most ridiculous part: Bieber grew up playing drums, and in a home video (in which he wears his trademark backwards fitted hat), he throws down a sick beat.

Song that's just as good or better than the original: When he performs One Less Lonely Girl, Bieber's staff brings one girl from the crowd onstage. Once in front of the crowd, the Biebs serenades the girl while gently caressing her. At the end, he gives her a bouquet of flowers. Aww.

Part where the artist seems most human: Home footage seems to serve as the harbinger of Bieber's musical career — as a toddler he effortlessly lays down a beat on a conga drum and strums a guitar that is much too large for his tiny frame.

Katy Perry: Part of Me (2012)

Most ridiculous part: Katy Perry's older sister makes an appearance as Perry's nerdy alter ego, Kathy Beth Terry — complete with headgear and braces — from the video for Last Friday Night (T.G.I.F.).

Song that's just as good or better than the original: Katy Perry runs through numerous costume changes throughout a performance of Hot N Cold. This occurs on a colourful, Candy Land-esque stage that might give you a cavity just by looking at it.

Part where the artist seems most human: Perry struggles with the decision to perform or cancel a gig in front of her largest crowd in Brazil while in the midst of a breakdown due to her divorce.

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Neon Trees singer gets used to 'the taste of fame'

New album. Much of Picture Show's material explores escapism themes and how being a celebrity can swallow you up

KILLIAN YOUNG
Metro World News in New York

Neon Trees exploded onto the music scene with Animal, the catchy dance rock track that earned them the 2011 Billboard Award for Top Alternative Song.

When asked if he expected this sudden surge in popularity, singer Tyler Glenn flatly says no.

"At the same time, I never think that we're bigger than we are," he said. "I'm almost self-deprecating to a fault, and sometimes don't allow myself to realize how big we've gotten to some people."

Glenn says this struggle helped inform Neon Trees' latest, Picture Show, which came out in April.

He says the album deals with "experiencing the taste of fame and how it can really swallow you up if you want it to. All the songs that I was writing about for this record were about escape," he explains. I like the way I feel when I go to see a movie, seeing someone else's life for two hours."

For Neon Trees, they were able to capture the sounds of this escapism by working in Los Angeles.

"We created and recorded the record in Hollywood, and every day walking to the studio, I saw the Hollywood sign," Glenn says. "It's interesting how it's changed for me.

"I used to fear it and hate it, and I think in the last couple of years, getting to know the city more ... it's really a magical city." Glenn credits his musical mentors for helping him strike the delicate balance of dealing with popularity.

He says he learned from singers of bands the Trees have opened for, notably 30 Second to Mars' Jared Leto, whom Glenn calls "an actual, passionate, real frontman."

Glenn's sense of identity is taking shape: "I'm always pushing that mantra or motto that fame is dead — the idea of fame shouldn't be an end goal, but it should be a byproduct of your success and your passion."

Quoted

"I'm always pushing that mantra or motto that fame is dead."

Tyler Glenn, Neon Trees singer

Chris Allen, left, Elaine Bradley, Tyler Glenn, and Branden Campbell of Neon Trees. CINDY ORD/GETTY IMAGES

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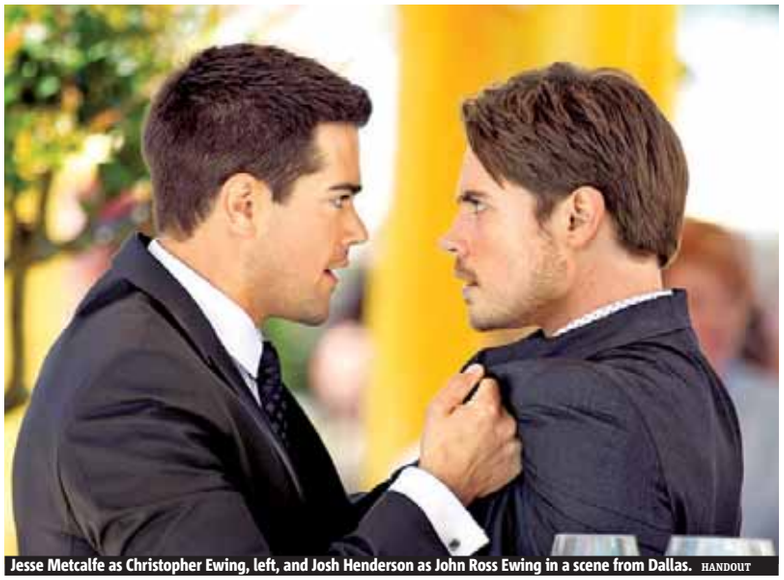

Jesse Metcalfe as Christopher Ewing, left, and Josh Henderson as John Ross Ewing in a scene from Dallas. HANDOUT

Dallas blurring line between what is right and wrong

Nuanced. Actor who plays adopted son on hit remake born in same year original premiered

If anyone knows camp and high drama, it's soap opera veteran Jesse Metcalfe.

But the hunky alum of over-the-top serials Desperate Housewives and Passions says the days of outrageous histrionics are behind us.

Now TV is ready for a more grounded take on sex, duplicity and dirty dealing, he says, noting that his latest nighttime serial Dallas plays the genre pretty straight.

"And I love that about our show. It's relatively grounded," Metcalfe says during a recent stop in Toronto to promote the return of the '80s smash. "Obviously, at times it's a bit of a heightened reality but it's a straight-forward family drama. And we like to think it's part of the resurgence of the nighttime drama away from all this reality television. A movement more towards scripted television."

The 33-year-old Metcalfe – who was born the year the original Dallas premiered – says the tongue-in-cheek camp that took hold over the last decade has run its course.

"I think that pendulum is definitely swinging back towards a more grounded, more serious tone. People certainly get enough of that in reality television so if you're looking for another option hopefully the new Dallas can fill that void," says Metcalfe, who plays adopted son Christopher Ewing alongside returning originals Patrick Duffy as the principled Bobby and Larry Hagman as the scheming JR.

Metcalfe, whose character continues to pine for his first love Elena (Jordana Brewster), says he likes that most of the characters here are not so black-and-white.

"There's a lot more grey area there, you know. The line between right and wrong, and good and evil is a little less defined," says Metcalfe, whose character is pushing the family business into green energy initiatives.

Metcalfe was born in 1978 — the year the original series premiered — and turned to old episodes of the series to get to know the work of his new co-stars, Duffy, Hagman and Linda Gray (who returns as a more polished, independent Sue Ellen).

Metcalfe says it was important to him to get a sense of tone, a flavour for what the show is really all about."

"In a lot of ways, it's the same show — the themes that were at the heart of the original series are very much the same themes running through the new series," he says. "It's about ambition, greed, loyalty and betrayal, it's about the interpersonal relationships in this dysfunctional family."

He notes that Dallas basically films on a working ranch filled with horses and cattle. It's also a favourite tour destination for hardcore followers of the original series who occasionally turn up while shooting takes place.

"A lot of times you'll be shooting a scene with an audience," says Metcalfe. "I'm hoping that the new series takes hold just as much as the original one and hopefully we can continue in the tradition of the original series and have another television phenomenon on our hands."

THE CANADIAN PRESS

Intrigue

As dramatic, scandalous as ever

Just three weeks into its 10-episode summer run, word came that Dallas had notched enough of a following to warrant a second season.

So far, the Ewing clan has rolled out its fair share of drama: Christopher has just learned his new bride (Julie Gonzalo) and her brother are gold-diggers, greedy cousin John Ross (Josh Henderson) is trapped in a deal rapidly heading south, Bobby just learned JR has hoodwinked him out of protecting the future of Southfork, while Bobby's wife Ann (Brenda Strong) appears to be hiding a dark past of her own. Dallas airs Wednesdays on Bravo.

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Katie Holmes ALL PHOTOS GETTY IMAGES

Katie Holmes went to Cruise's ex-wife for advice on divorce

Katie Holmes reportedly had some high-profile sounding boards as she planned her exit from her marriage to Tom Cruise — including Cruise's second ex-wife, Nicole Kidman, according to Us Weekly.

"They've spoken over the last few weeks," a source says. "Nicole has been supportive, saying she's been through it too and to hang in there. Nicole offered her support and help."

The two first became acquainted when Holmes married Cruise in 2006.

"She has been a private friend not many people know about," the source explains.

So how did Holmes reach out to Kidman on the sly? The L.A. Times reports that Holmes used a disposable cell phone provided by a friend to plot her divorce escape.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Travis Barker still struggles with flying after famous crash

THE WORD
Monica Weymouth
scene@metronews.ca

Four years after surviving a deadly plane crash, Travis Barker is still understandably hesitant to fly, and his travel restrictions are making the latest Blink 182 tour a little difficult.

"This will be the big tour that supports the album in Europe. Mind you, I'm not flying, so it's hard to say what the band could do or what its potential is, because I can't really get everywhere," the drummer tells Red Bulletin magazine.

Barker is, however, planning to give it another go if the tour takes them down under.

"I'm contemplating getting knocked out and getting on a plane to Australia. I want to overcome that eventually," he continues. "When I do, I think it's going to be Qantas. They never had a crash, never had a fatality — knock on wood. It's something I want to overcome."

We salute you, Travis. Take care and treat yourself to some premium tranquilizers — you could totally afford to hire Ira Glass to talk about baby kangaroos for the entire 20 hours.

Twitter

@BetteMidler
Why does every girl in TopShop look exactly alike? What am I doing in TopShop?

@russellcrowe
did this thing where you do 10 push ups, prone hold for 30 secs, 9 push ups,prone hold 30 secs etc, only takes 6 or 7 minutes but it got me

@ElizabethBanks
My kid opened a magazine to a picture of an Estée Lauder fragrance model, pointed and yelled "mama!" ◙#bestkidever◙ ◙#mademyday

@SethMacFarlane
Wanna just get away from it all. Which campground gets the best iPhone reception?

Jessica Biel

Biel comfortable with Timberlake picking the pants in the relationship

Jessica Biel doesn't mind being the less fashion-conscious of the couple compared to fiancé Justin Timberlake.

"He is fearless in his choices and has a real eye for design. And I'll be honest: He has better taste than I do," she tells InStyle.

"When I walk out of the closet after getting dressed in the morning, I'll go like this and turn palms upward as if to say, 'Well?' And he goes like this and shakes his head no. Then he picks again. It's hilarious."

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Attention men, it's about to get loud

Trend alert. With a riot of hot colours, prints and metallics, the spring/summer '13 men's wear shows are not for the shy

RICHARD PECKETT
life@metronews.ca

Seemingly, these days, men are more sartorially daring and, boy, are they going to need to be, judging by the menagerie of prints on offer. Dolce and Gabbana looked to a Sicily of old, with images of Sicilian barrows, puppets ('pupi') and temples, all desirably nostalgic. In contrast, Dries Van Noten combined camouflage and leopard — disguise or defence?

Whatever the meaning is, you won't be overlooked in these. Kenzo continued the camo trope with a look to the jungle. That's the urban jungle with abstracted leopard print and tiger stripes of baggy shorts and boxy tees — a key trend for the season.

Metallics: feel the steel

Think of metallics and you're probably picturing a man in a tin foil robot suit. Lanvin's monochromes were broken up with futuristic, cyborg-esque tailoring, shorts and a rather splendid pea coat, all accentuated by the dead-eyed models. But it was Versace who ramped it up with a homoerotic gladiatorial extravaganza. The outerwear and accessories appeared as a campy Mad Max-Matrix hybrid. Burberry took a break from the sobriety of its recent shows by further continuing the sci-fi motif, with models resembling Blade Runner-esque replicants with ice blue shirts and fuchsia trenches.

Colours are hotting up

This season a pop of colour has progressed, thanks to the likes of Gucci who cut tailoring among other pieces in leaf green, mustard yellow and reds that ran the gamut. Ghastly? No, captivating. Similarly red, the most evocative of colours was used to great effect at Dior Homme where the shade held the eye amongst an almost entirely navy collection. However, Louis Vuitton's Damier luxury luggage shared the runway with, shock, a not-so-mellow yellow. Yachting-style slickers — in commemoration of the 30th anniversary of the Louis Vuitton Cup — moved towards lurid scuba gear before returning to the Paris house's tailoring sensibility.

Gucci CONTRIBUTED

Dolce & Gabbana CONTRIBUTED

Louis Vuitton CONTRIBUTED

Emporio Armani CONTRIBUTED

Try this look

Bare your arms

To pull off this trend you best get working on those biceps. Givenchy, Jean Paul Gaultier and Acne all pumped out the look.

Acne / CONTRIBUTED

Kenzo CONTRIBUTED

Try this look

Shorts go long

After a few seasons of tight, tailored shorts, the designers like Jil Sander, 3.1 Phillip Lim, Emporio Armani and Alexander Wang have relaxed the look with some chilled out, baggy styles. Takes the pressure off having a good butt, gentlemen.

3 LIFE

Fashion Flash

Aeropostale taps Chloe Moretz as its model and style curator

At age 15, actress Chloe Grace Moretz is already an ambassador. It's for Aeropostale, the youthful fashion brand, and it's a job that's likely to come with some clout and influence — especially with teenage shoppers. Moretz will be featured in advertisements through next spring, largely wearing clothing she's selected and styled herself. She will also curate collections in-store and online. "I get my own section, I got to pull my own clothes. Girls can go and see what I love and what I wear in the shoots. It's a way for me to be in touch with girls," Moretz said in a recent phone interview. Moretz starred in Hugo and The Amityville Horror and has the title role in the upcoming remake of the horror classic Carrie.

THE ASSOCIATED PRESS

On the Web

Cowboy hats on royal heads bring Calgary company booming business

metro
CALGARY STAMPEDE
Thursday, July 12, 2012

Fit for a princess

Keepsake. Amelia Crowshoe gets to keep her one-of-a-kind crown as Stampede Indian Princess

Amelia Crowshoe, the 2012 Indian Princess, stands outside her family's teepee in Indian Village at the Calgary Stampede. CANDICE WARD/FOR METRO

CANDICE WARD
For Metro

There is one crown at the Calgary Stampede that was made for a princess.

Unlike the crown for the Rodeo Queen, which is passed down each year, the crown for the Indian Princess was custom-made for her and will remain hers at the end of her one-year term.

This year, that princess is Amelia Crowshoe.

"We get to keep our crown every year and it is transferred to us through a ceremony," Crowshoe said.

"When we are crowned, they do an honour song and tie our names to the crown and we get to keep them for the rest of our lives."

This is one tradition Crowshoe cherishes greatly as she has the honour of being the Indian Princess for the Stampede's centennial year.

Her one-of-a-kind crown features the unique Stampede centennial logo images that reflect the First Nations of Treaty 7.

"Hopefully, one day we can get all (of the past crowns) in so everyone can see them and see how beautiful the work really is," Crowshoe said.

Along with the beautifully beaded crown, Crowshoe's regalia is also custom designed and handmade by Stacey Runningrabbit, from the Siksika Nation.

"She really did an amazing job," Crowshoe said.

Because of Crowshoe's hectic Stampede schedule, attending a number of different functions, opening the rodeo and appearing in the Indian Village, Crowshoe sports a number of different outfits throughout any given day.

"Because I represent the Stampede and the Indian Village, I have quite the variety of outfits," Crowshoe said.

She says her western wear is usually reserved for riding in the grand entry of the rodeo or going to a formal event, but spends most of her time in her regalia, which could include cloth dresses, jingle dresses or her fully beaded buckskin dress.

"I change about three times a day during the Stampede for all the occasions I find myself in," Crowshoe said.

Crowshoe hails from the Piikani Nation in southern Alberta. She is a University of Calgary graduate and plans on pursuing a career as a lawyer, specializing in helping the First Nations community through her practice.

The Beach. Moulding masterpieces at Stampede

Sculptor Peter Vogelaar works on a giant sandcastle masterpiece at the new Beach exhibit in the BMO Centre at the Calgary Stampede. CANDICE WARD/FOR METRO

TESSA CLAYTON
For Metro

Spray from the surf, tiki huts around you and sand at your feet — you might think you're at the beach instead of the Stampede.

And a giant sand sculpture, created by Peter Vogelaar, completes the picture — made from 10 tonnes of sand he shaped in five days.

"It's so immediate — with the right kind of sand you can have an idea and execute it in less than an hour, depending on the scale," he said of his love for sand sculpting. "It's hard to do that in any other medium."

The artist has been sand sculpting for about 10 years. His start in the sculpting circle came about as a way to win a free trip to Quebec City by entering a snow sculpture contest in Vernon B.C., roughly 20 years ago.

His work has taken the Windlaw, B.C., native all over the world. Career highlights include winning the snow sculpture competition at the 2006 Winter Olympics in Italy and winning sand sculpting world championships twice in the last 10 years.

"I think I've found my niche — I love working in public, I love working fast and all the neat things you can improvise with sand," he said. He likes creating life-like sculptures, people and animals, because it allows him to make his work incredibly detailed.

Working with limited and simple tools, Vogelaar has created a masterpiece that draws pedestrian traffic in the BMO Centre.

"There's a huge amount of detail," said Karen Phillips, in town with her husband Gregg, from Forrest, Man. "It is very cool — look at the wood grain in the treasure chest, the metal corners, the wee people in the castle. It's just a real work of art … it's really incredible."

It's not all fun and games though; there is a delicate balance of water needed and the type of sand plays a big role.

This is the fourth time Vogelaar has had art in the Stampede so when entertainment co-ordinator Kyle Corner found out the Beach area was a go for the centennial, he had no hesitations about who to call for sand art. "I just realized I didn't even need to source anyone else. I just went straight to Peter, whose work is of the highest quality and just blew me away."

Coca-Cola Stage

Here's the lineup of who is playing the Coca-Cola Stage today:

- **Noon —** Splash 'N Boots
- **12:30 p.m.** — Barney
- **1:30 p.m.** — Terry Stokes
- **3 p.m.** — Splash 'N Boots
- **3:30 p.m.** — Barney
- **4:30 p.m.** — Terry Stokes
- **8 p.m.** — Dragonette
- **9:30 p.m.** — Carly Rae Jepsen

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Bug and his trusty steed

Pony races. Tate Larouche, 8, and Strawberry are becoming stars, helping round up ponies

TESSA CLAYTON
For Metro

He might only be eight years old, but Tate (Bug) Larouche has his eyes on a rodeo future.

You have probably seen him around — he's the one in charge of rounding up all the ponies after the wild pony races at the rodeo.

"I ride my pony and help the pick-up men a little," said Larouche.

He got his start as a pony racer like his older brothers, but moved over to herding after he lost his team, said his parents, Dana and Kent Larouche

"It was just an idea we came up with and thought we would try it and it caught on," said mom Dana. "Bug loves it, he has fun."

"I like to go in front of the crowd and show yourself," Bug said. And it's that attitude that has made him determined to become a saddle bronc or steer rider when he gets older and move up into the big leagues, slowly but surely.

"I want to do the wild pony racing next year," he said, saying someone will have to fill his current job soon. His dad, Kent, agreed, saying he will probably be too big to continue to ride Strawberry next year.

But for now, Bug explained that he and his trusty steed, Strawberry, chase the wild ponies back into their proper gates — which isn't always easy, he said.

"You have to stay at the back and not go up the middle," he explained. "Because otherwise the ponies that are behind you will split up and then you'll have to go get them again."

Tate (Bug) Larouche is wild pony race pickup man at the 100th anniversary of the Calgary Stampede. CANDICE WARD/FOR METRO

Sometimes Strawberry gives him a little trouble, too — Bug found out the hard way that his little pony still has some buck in him, and so he rides him before each show to tucker him out a little.

Besides the Stampede, Bug has made appearances at other rodeos over the years, including Paradise Valley, Wainwright and Ponoka.

As for his cowboy future, his parents have decided it's Bug's choice.

"He wants to pony race again next year, but he also said he wants to ride steers, so we'll see what happens," said Dana.

It's worth the wait for Nashville North

Most visitors usually forget about how long they waited in line for Nashville North once they get into the tent and take in the atmosphere.

Others line up early in the day to avoid the line and never leave. And some don't even remember being there.

But one thing is for certain — people like to party at Nashville North and many are willing to wait hours to get in.

Calgary Stampede publicity manager Jennifer Booth says it's no fluke the vibrant tent is one of the hottest attractions at the Calgary Stampede year after year.

"It's great music every single night, there's an exciting country atmosphere and people who know how to have a good time," she said. "As soon as you walk into the tent you can feel the vibe and the excitement."

Stacey Killingham, 26, and her friend Melissa Schael, 24, say they hit Nashville North every year with an average wait of about one hour on their visit this week.

"Oh, it's definitely worth it," Killingham said. "It's just so much fun in here, and you meet a lot of people from different cities and they're all here to have a good time."

And it doesn't hurt that the cowboys are "easy on the eyes," said Schael.

"And they buy us drinks."

KRISTA SYLVESTER

On stage

Here's the lineup of who is playing the Nashville North stage today:

- **1 p.m., 3:30 p.m., 5:45 p.m., 7:45 p.m.** — Stacey McKitrick
- **2:15 p.m., 4:45 p.m., 6:45 p.m.** — Justin Ament
- **9:30 p.m.** — Deric Ruttan
- **11:30 p.m., 12:30 a.m.** — Jason Greeley

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Meet the true workhorses

TESSA CLAYTON
For Metro

They are arguably the biggest animals on the grounds, and certainly draw the most attention.

"You can take a draft horse out anywhere and just have it poop and there's a crowd; people love them — there's a magic about them," said Dale Befus, mayor of Draft Horse Town.

And it's true — seeing draft horses all done up with their coats shining, hair braided and harnesses sparkling, it's hard not to stand and stare. A lot of work goes into that look, and because the horses work in teams of two, the workload for everything doubles.

Rhonda Monahan, a team lead with Draft Horse Town, said it takes about 40 minutes to get a team ready to be hitched to the wagon. The horses get very attached to their teammate and routine — horses that drive on the right are always washed, brushed, harnessed and placed in stalls on the right side of their left-side teammate.

Draft horses are known for their mellow demeanours, something Monahan said she always keeps in mind when handling her teams.

But they all have their own personalities — Monahan has a Clydesdale who not only loves peppermint, but mini doughnuts and hamburgers, as well.

Because most people only see draft horses today in parades or show competitions, it's easy to believe that's their only role. But there is more to them than just a pretty wagon, which is what Draft Horse Town is all about.

"The visual that we always get in our head is the Budweiser horses pulling a wagon, or team of horses on a plow, but we forget all the important stuff in between — digging basements, hauling dirt," explained Befus.

The aim of Draft Horse Town is not only to showcase the different breeds, but their history and uses in building Western Canada as well, through shows like "The Big Shoe," heavy horse show and pull, and other presentations.

"Draft horses were the diesel engine of the past — anywhere we see a diesel engine today, in a truck, tractor, piece of equipment, that was all done by a draft horse," Befus said.

Rhonda Monahan, a team lead at Draft Horse Town, brushes out one of the draft horses at the Calgary Stampede. CANDICE WARD/FOR METRO

Sisters Bailee, 6, and Chloe Shopka, 4, take in Kids' Day Wednesday at the Stampede. CANDICE WARD/FOR METRO

Kids' Day. A time for families to enjoy the Stampede

KRISTA SYLVESTER
For Metro

Many things draw families to the Calgary Stampede for BMO Kids' Day, but the free admission before 9 a.m. is probably at the top of the list.

The savings can be huge, especially for large families like Reynell Francis and her family of eight, who saved more than $100 on admission by getting into the gates for free before 9 a.m. Wednesday.

"Oh, it's definitely good to save some money, but we're still going to spend a lot on the food, games and the market between us," Francis said, adding they would probably spend at least $500 collectively. "But it's worth it because we have a lot of fun as a family."

Since the Calgary Stampede only comes around once a year the family of four adults and four kids is going all out this year.

"This is like our own little family vacation because we don't get to go anywhere this year, it's kind of like Disneyland for us," she said, adding they just spent $154 on ride tickets.

The four kids range from eight months old to nine years old, but they all had a wonderful time as a family during Kids' Day, taking in the shows, playing games and, of course, riding the rides.

"It's not just about saving money but we're really having a great time down here and there is more for the kids to do," Francis said.

And this year is especially special because Francis's aunt, Lorna Peart, joined the family all the way from Jamaica on vacation.

"This is actually my third time at the Calgary Stampede but it's really nice to be with the family enjoying the games and the shows," Peart said.

The Early Bird Draw will be held on Aug. 7th at Stride Management Corp. 3950 -12 Street NE, Calgary, Alberta starting at 11 am. Only tickets received before 11 pm, Jul. 24th will be eligible for this draw. The final draws start on Sep. 7th at 6 pm and continue on Sep. 8th at 9 am at the grand prize show home. Only tickets received before 11 pm Aug. 19th will be eligible. Total number of tickets will be 16,000 single tickets at $100 each, 8,500 sets of 6 for $200 and 6,750 sets of 15 for $300 for a grand total of 168,250 tickets. The Kin Win 50 draw will be held on Sep. 7th at the grand prize show home stating at 6:00 pm. Only tickets purchased before 11 pm Aug. 19th will be eligible. Total number of tickets will be 6,000 at $5 each, 11,000 at 10 for $25, and 7,900 at 25 for $50 for a grand total of 313,500 tickets. Project managed by Bob Wallace #RTM12941 / Stride Management Corp. For complete rules go to homelotto.com.

Kinsmen Lotto Licence #331403 KinWin 50 Licence #331404

Tuna, salmon and crabmeat make a splash in tasty diabetic-friendly Seafood Burgers

"This burger goes far beyond the fast-food variety," Angela Medearis says in her book The Kitchen Diva's Diabetic Cookbook.

"Imitation crabmeat, canned tuna, or salmon all make delicious seafood burgers, and are a healthy source of omega-3 fatty acids.

"Try a combination of all three for a tasty treat."

1. In a large bowl, combine the crabmeat, salmon tuna (or all three), lightly beaten egg, whole-wheat panko bread crumbs, plain low-fat Greek yogurt, low-fat mayonnaise, finley chopped celery and bell pepper, scallions, Dijon mustard, lemon juice, poultry seasoning, cayenne and black pepper. Mix everything gently, then form the mixture into 6 patties.

2. Refrigerate it for 30 minutes.

3. Heat the oven to broil. Coat a baking sheet with cooking spray.

4. Arrange the patties on the prepared baking sheet. Broil for 3 to 4 minutes, then carefully flip and broil for another 3 to 4 minutes, or until golden brown.

5. Place each burger in a toasted bun and top with lettuce and avocado slices.

THE CANADIAN PRESS/ RECIPE ADAPTED FROM ANGELA SHELF MEDEARIS' THE KITCHEN DIVA'S DIABETIC COOKBOOK, ANDREWS MCMEEL, 2012

Seafood Burgers

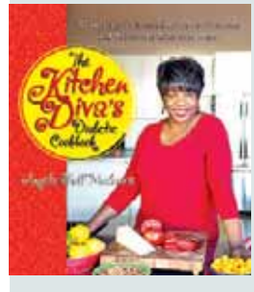
This recipe serves six. THE CANADIAN PRESS H/O

Ingredients

- 1 lb imitation crabmeat, canned tuna packed in water, or canned salmon
- 1 large egg, lightly beaten
- 1/2 cup whole-wheat panko breadcrumbs
- 1/4 cup plain low-fat Greek yogurt
- 2 tbsp low-fat mayonnaise
- 1/3 cup finely chopped celery
- 1/4 cup finely chopped red bell pepper
- 2 scallions, including green parts, finely chopped
- 1 tsp Dijon mustard
- 1 tbsp lemon juice
- 1 tsp poultry seasoning
- 1/4 tsp cayenne pepper
- 1 tsp ground black pepper
- 6 whole-wheat hamburger buns, split and toasted
- 1/2 cup shredded lettuce
- 1 avocado, peeled, pitted and sliced

Book of the week

Modern spin on Diabetes cooking



Angela Shelf Medearis releases an inspirational collection of more than 150 simple, flavourful and budget-friendly recipes in her book The Kitchen Diva's Diabetic Cookbook.

Recipes address dietary needs of prediabetics, juvenile diabetics, type 1 and type 2 diabetics, and more.

You'll find recipes featured on The Dr. Oz Show such as Buttermilk Pecan-Crusted Tilapia as well as Jerk Chicken Salad, Herb Cauliflower Couscous and more. A detailed nutritional and caloric analysis is included in each recipe to ensure that daily nutritional requirements are met. METRO

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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 22

Keep cool with haute home decor

Blocking the sunlight and controlling air flow are two ways to keep your space feeling cooler this summer. HUNTER DOUGLAS

Beat the heat. When the temperature rises, stay fresh and cold with these sleek, simple cooling devices

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

With record-breaking temperatures this summer and the thermometer expected to keep rising throughout most of the country this week, it's important to not only look cool, but to keep your home cool too.

Here are a few homeowner-friendly products that will keep you cool — and keep your home looking chic. None require major installation, and all are cool-looking (and feeling!) and well worth the money.

Cool the air

Spot cooling with a portable air conditioner is a great way to save energy by only cooling the areas of your home that you use on a regular basis. The DeLonghi Pinguino portable air conditioner has handles and castors for easy portability. Its 9000 BTUs can cool up to 350 square feet, and the built-in fan, dehumidifier with silent operation and remote control will be your climate-control friend year-round.

Portable air conditioners allow for spot cooling when air conditioners can't be installed. DeLonghi Pinguino Portable 9000, $500, Delonghi.ca

Move the air

A ceiling fan can help reduce scorching temperatures by six to 10 per cent and costs little to run. In the winter it can help to improve air circulation and distribute heat that rises toward ceilings and in corners of a room, helping to get rid of condensation on windows. The Modern Fan Company's Pensi aluminum ceiling fan (with a fabulous discrete light) boasts an ultra-modern sleek look for the minimalist decorator.

The Pensi ceiling fan keeps you cool with a clean, industrial look. $480, ModernFan.com

Choose your breeze

Tabletop fans bring a cool breeze into warm spots at night and circulate the air during the day. The Dyson Air Multiplier AM01 fan works without blades, which means air isn't "chopped," creating that annoying buffering sound. The Air Multifier technology amplifies surrounding air and creates an uninterrupted stream of air. It's not only efficient, but beautifully sculptural too.

Portable fans can cool a room but add sculptural interest. Air Multiplier M01 fan, $400, DysonCanada.ca

Block the heat

The beauty of window coverings is that they give you full control of light and keep heat out in the summer. Hunter Douglas Architella Honeycomb Shades not only offer up modern style, but also energy efficiency — three air pockets within the honeycomb provide an R-value of up to 7.75 (a 4 R-value will prevent up to 75 per cent heat or cold loss through a window) and will insulate your window from the hot rays hitting the windows.

Window shades keep the heat out in summer and the cold out in winter. Architella Honeycomb Shades, starting at $250, HunterDouglas.ca

Ironing

Beat linen woes with this combo

During the summer months, I face the usual dilemma of whether or not I should iron my summer linen wardrobe. If I iron it, what's the best way to do this as easily and effortlessly as possible?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Whether you should iron your linen is a personal fashion statement. But I can help you get rid of the wrinkles.

In order to iron linen successfully, you need the clothing to be humid combined with the heat of a hot iron. Without both you can never iron successfully.

Why humidity? Won't a hot iron get rid of the wrinkles? Surprisingly, no.

Most people hate ironing because they don't have good results. They iron with heat but no humidity and get frustrated when the wrinkles don't disappear. Steam created when you iron clothing with a combination of humidity and heat allows the linen fibres to relax and get rid of the wrinkles.

When ironing you need a combination of heat and humidity. ISTOCK IMAGES

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A whirligig by Vollis Simpson along the entrance to Fearrington Village near Pittsboro, N.C. GERRY BROOME/THE ASSOCIATED PRESS

Whimsical, wind-powered whirlygigs an engineering feat

Folk art. Vision of one man brings outsider art into the public eye

The eccentric vision of a self-taught North Carolina artist famed for his whirligigs is getting an overhaul that's as much about engineering as it is about art.

Just as more traditional conservators might study an artist's canvas and paints, a 16-member team is restoring about 30 whirligigs — wind-driven creations constructed from motor fans, cotton spindles and other recycled parts — that stand as high as 50 feet.

Vollis Simpson built the contraptions over the years. But at 93, his knees no longer allow him to maintain his creations.

With the help of approximately $2 million in grants and donations, a few organizations in nearby Wilson are building the Vollis Simpson Whirligig Park. It's scheduled to open in November 2013. Between now and then, the team is sprucing up whirligigs that have spent decades in the elements, including more than a few hurricanes.

"He made them to last his lifetime, and they basically have," said Danny Price, a retired Bridgestone tire plant worker who's now the whirligig mechanical foreman. "So our next step is to make them last generations."

The whirligigs — some weighing as much as 3 tons with hundreds of moving parts — are folk art or outsider art, works created by someone without a formal background in art.

The whirligigs have captured attention across the U.S.. Buyers include a shopping centre in Albuquerque, the American Visionary Art Museum in Baltimore and the American Folk Art Museum in New York City. THE ASSOCIATED PRESS

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Steps to stop that blackspot

If it's your rose bush rather than your dog that you're calling "Spot," then it's time for action.

And getting rid of blackspot — the disease that's marring your roses — need not mean dowsing the plant with chemicals.

First get to know the enemy: Diplocarpan rosae, a fungus feared by rosarians almost everywhere. Those black spots, if you look closely, have fringed edges and black pimples at their centre to distinguish them from other possible leaf-spotting diseases. Infected leaves soon yellow, then drop, meaning less energy for the bush which, in turn, means fewer flowers and sometimes the death of the plant.

Over the almost 200 years that the disease has been known, its causal fungus has paraded under about 25 different scientific names. Still, its lifecycle is simple.

A year in the life of blackspot disease

Blackspot disease spent the winter mostly in infected leaves that fell to the ground. Spring warmth and rain awakened the fungus to shoot spores up into the rose bush and infect young, unfolding leaves.

Moisture was needed to get those spores moving, and then the leaves had to stay moist for a few hours before infection could set in.

Once spores get up into the bush in spring, infection can continue through the summer as spores hopscotch from leaf to leaf. Spores are released and get footholds only when moisture is present for enough time.

Controlling blackspot on rose bushes doesn't require harsh chemicals.
ISTOCK IMAGES

Joe Justice paints a piece of a Vollis Simpson whirligig at a warehouse where renovations are taking place in Wilson, N.C. GERRY BROOME/THE ASSOCIATED PRESS

Vollis Simpson

'Just an old country boy'

About 20 miles away from the warehouse where the team mulls over Simpson's work, Simpson himself sits in a rickety chair, surrounded by scrap metal and smaller whirligigs, suitable for family yards and tabletops.

Several of his larger whirligigs still stand there; a few will remain after the park is built, including one that will stay as a gift to the community.

Simpson is conflicted about the park — he knows he can no longer care for the whirligigs but he's lonesome without them.

"Well, I kind of hate to see them go," he said. "I've looked at them for 50 or 60 years."

He says he's excited about the park, but is concerned about the opening date that's more than a year away. "I just hope I live to see it."

To the people restoring the whirligigs, Simpson is both artist and engineer. But Simpson says he doesn't consider himself an artist.

"But everybody says I am," he said. "I'm just an old country boy."

Whirligigs by Vollis Simpson. GERRY BROOME/THE ASSOCIATED PRESS

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Prevention is the first step

Blackspot needs moisture to take hold, so one way to control it is to plant rose bushes where they will dry off quickly from dew and rain — in full sunlight (which roses need for best flowering anyway), and away from walls or dense shrubs where air can stagnate.

This also means pruning away enough stems that remaining ones can bathe in drying light and air. And wet the ground, not the leaves, when watering and avoid working among the bushes when they are wet.

Gathering up and composting the leaves the bush drops in autumn can lessen the amount of disease inoculum the following spring. Even better is to mulch the ground sometime between late autumn and late winter, each year leaving old mulch in place as you pile on new. Besides mulch's usual benefits, in this case it also acts as a barrier to keep that first batch of spores from the leaves.

Plan before planting

Roses vary in susceptibility to blackspot, and the easiest way to deal with it is to grow a plant that won't get diseased in the first place.

Among hybrid teas there are varieties that resist blackspot, such as Tropicana, Mister Lincoln, Pink Peace, Carefree Beauty and Keepsake. Some grandiflora and floribunda types that resist blackspot include Queen Elizabeth, Sonia, Betty Prior and Bonica.

Don't put too much stock in blackspot resistance, though, because there are a number of races of the blackspot fungus, so a variety may be resistant in one locale but not in another.

More reliable resistance is found among so-called species and shrub roses. Blackspot usually doesn't cause problems with Father Hugo's Rose, rugosa roses, and some of the newer varieties of shrub and landscape roses.

Spray as a last resort

If you already have roses in the ground and don't want to replace them, they have a relatively good site, and you prune and mulch them, you could still be calling your rose bush Spot.

Even then, before you reach for some highly toxic pesticide, try a more benign alternative: baking soda, that universal cure for everything from dirty dishpans to smelly refrigerators.

Mix a tablespoon and a half, along with either a few drops of dish detergent or two tablespoons of summer oil (also called horticultural oil) per gallon of water and spray weekly. For some gardeners, this spray makes Spot a dog's name again.

THE ASSOCIATED PRESS

Sweat Equity host Amy Matthews. HANDOUT

Landscape for less with these easy backyard projects

DIY. Transform your outdoor space into a beautiful garden retreat without breaking the bank

The summer months encourage outdoor living and entertaining, but landscaping can be a costly project to take on. Sweat Equity host Amy Matthews helps homeowners tackle projects themselves and shares techniques to save money along the way.

Amazing arbor

Create a dramatic entrance to your garden with an arbor. These add height to landscaping and provide a place for flowering vines such as wisteria or clematis to grow, resulting in a crown of flowers.

Arbors are a great alternative to a full pergola or gazebo as they require substantially less material, which results in lower costs.

There are also various styles to suit different design tastes such as arched garden arbors or those with flat tops. Some homeowners prefer to let arbors stand alone without flowers so their architectural beauty takes the spotlight.

Build a rock garden

Rock gardens can be used in areas that prove difficult for many plants to grow, such as on dry soil surfaces. This results in a lower expense over the long run as you won't need to replace greenery that has not survived or spend your time and money keeping those flowers blooming.

Garden centres provide a variety of rock sizes and colours — everything from flagstones to small pea stones to large boulders. Selecting rocks with similar colour hues is a good starting point; choose tones that complement the colours of your home or landscaping.

Small cacti make great additions to rock gardens since they require little maintenance. To avoid weeding, create a weed barrier under the rocks by laying down landscaping fabric before getting started.

Make your own lighting

Instead of purchasing expensive outdoor lighting and taking time to wire your yard with the appropriate outlets, consider making your own.

A charming DIY light source is to fill mason jars with river stones and a tea light. Or use different colours of sand in place of river stones for more pizzazz. Your new lighting can either hang on hooks around a deck or gazebo or be placed along a garden path to give it an enchanting evening glow.

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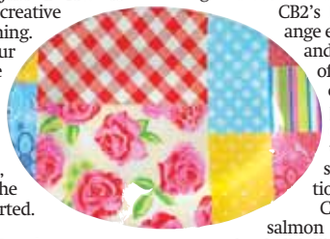
Hot decor for summer shindigs

Cocktail parties.
From South Beach serveware to rustic-rock centrepieces, there's tons goods to make your soirée a success

Ah, summer. There's something about these warm, languid days that makes many of us want to throw together a little gathering.

Picking a cocktail party theme makes planning the menu and decor more fun. Here are just a few to get your creative wheels turning.



Invite your favourite people, add some fairy lights and lanterns, and get the party started.

'60s South Beach
Showtime's new Magic City TV series, set in mid-century Miami, is inspiration for party decor and music with a retro vibe, served with Cuban-influenced canapes.

At Pottery Barn, you'll find a collection of melamine plates, serveware and coordinating linens in muted vintage tropical prints.

Palm-leaf-patterned ceramic serveware in deep blues and olive greens are part of Cindy Crawford Style's Eden collection at JC Penney.

And even if you're landbound, craft stores offer shells, coral and starfish you can add to baskets and trays filled with store-bought play sand to create table decor. Or place one dramatic tropical flower or frond in a tall slim vase.

Serve appetizers with Latin flair, such as Cuban shrimp skewers, mini empanadas and spicy popcorn. Play the Rat Pack music that was popular in the era at Miami's big hotels — Frank Sinatra, Ella Fitzgerald, Sammy Davis Jr.

Cocktails in Cortona
You may not be under the Tuscan sun this summer, but you can still set a similar scene for your guests.

Fill a large glass vase with water, lemons and sunflowers. Or take a cue from London-based stylist Sania Pell and fill clear vessels with untrimmed vegetables such as radishes, celery and carrots for a rustic look.

Pottery Barn has melamine versions of the iconic Talavera pottery, while Williams-Sonoma has unbreakable dishware in Mediterranean patterns.

Small bites are the way to go with any cocktail party; they're easy for guests to handle, and your food trays will be easier to refresh. For this one, consider tiny tomato tarts, a sampler of Italian ices, and shot glasses filled with cold soups like cucumber dill or tomato basil.

Tokyo terrace
A city balcony is the perfect place for a chic, Asian-inspired cocktail party. Set up the Zen zone with baby conifer pots or moss nestled into interesting dishes. Wrap votives in origami paper.

Branchhome.com has Wasara's elegant bamboo and sugarcane-fiber disposable tableware that's great looking and eco-friendly.

CB2's Format orange enamel tray and an array of colourful clothes-pin-style chopsticks would be stylish options.

Crabcakes, salmon satays and melon ball lollipops, along with bowls of Japanese crackers and wasabi nuts, will satisfy snacking guests.

Cabin fever
Bring the woodsy cabin vibe home to the city or suburbia with a few playful accessories and a comfort food menu. A few inexpensive bandanas, a plaid blanket or an old quilt make colourful table coverings.

Homegoods has a canoe-shaped condiment server complete with "paddle" spoons. You'll find patchwork-patterned acrylic plates here too, as well as co-ordinating drink pitchers and utensils. Set out mini sliders, roasted vegetable skewers and paper cups filled with seasoned fries.

THE ASSOCIATED PRESS

Patchwork acrylic plate (above), $7.99, and metal cutout lanterns, $12.99 - $24.99, both from HomeGoods.com

Starfish bowls, $10.50 each. POTTERYBARN.CA

Luau Melamine Plates, set of 4, $31.45 - $39.48. POTTERYBARN.CA

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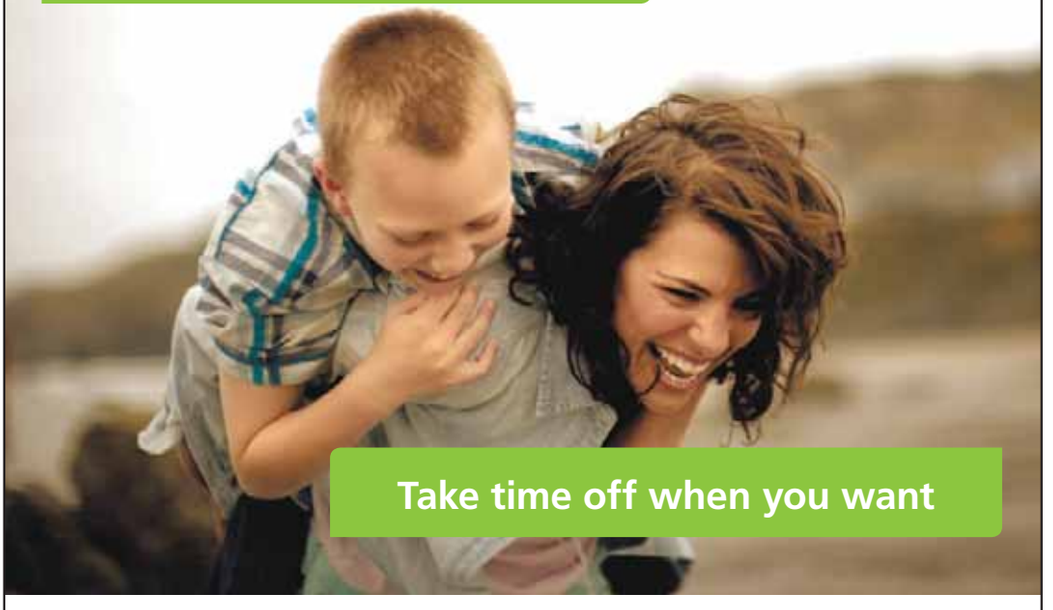

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4

SPORTS

Cycling

Armstrong gets time to contest charges

The U.S. Anti-Doping Agency on Wednesday granted Lance Armstrong an extension of up to 30 days to contest drug charges while the seven-time Tour de France winner challenges the case in federal court. The move erases the Saturday deadline for Armstrong to either send the case to arbitration or accept sanctions from USADA, which would likely include a lifetime ban from cycling and stripping the Tour titles he won from 1999-2005.
THE ASSOCIATED PRESS

Mobile sports

With fastballs, sliders, curves, slurves, two-seamers, four-seamers, cutters, palmballs, splitters, forkballs, knuckleballs and even the infamous gyroball, you might think this is a golden age of pitching. But are there that many more pitches today or did we figure it out with scouting and technology? Scan the code for the story.

NHL

Vlasic strikes deal to stay a Shark

The San Jose Sharks have signed defenceman Marc-Edouard Vlasic to a five-year contract extension through the 2017-18 season. The 25-year-old Vlasic led the Sharks with 171 blocked shots last season.
THE ASSOCIATED PRESS

Cycling

French favourite wins Tour stage

Thomas Voeckler of France led a five-rider breakaway to win the 10th stage of the Tour de France as the race entered the Alps on Wednesday, while Bradley Wiggins retained the overall lead.
THE ASSOCIATED PRESS

Thomas Voeckler crosses the finish-line on Wednesday. THE ASSOCIATED PRESS

NBA

The Tim Duncan era continues

The San Antonio Spurs announced Wednesday that they re-signed Tim Duncan, bringing back the 36-year-old forward for at least a 16th season.

Terms of the deal were not disclosed.
THE ASSOCIATED PRESS

NBA

"I'm not going to come in and expect for coach to cater to who I am and what I do."

Ray Allen, who will make $3 million US this season after officially signing a contract with the Miami Heat on Wednesday.

Stampeders turn to veteran QB Glenn to lead offence

CFL. Kevin Glenn no stranger to playing in Montreal after spending three years in Hamilton

The Montreal Alouettes breathed a sigh of relief when it turned out that Anthony Calvillo will not miss a game with a bruised left shoulder.

The Calgary Stampeders weren't as lucky, but they're happy to have veteran Kevin Glenn to step in for injured starting quarterback Drew Tate. Coach John Hufnagel said he expects Tate to be out for five or six weeks after the Calgary pivot suffered a left shoulder injury last week in Toronto.

So it will be Calvillo against Glenn when the Alouettes (1-1) and Stampeders (1-1) meet Thursday in Montreal.

The Stamps, with Tate behind centre, laid a 38-10 pounding on Montreal in the season opener for both clubs two weeks ago in Calgary. A much different game is expected this time after the Alouettes rebounded with a 41-30 victory at home over Winnipeg, when Calvillo passed for 443 yards and three touchdowns.

Calvillo took a hit in the first quarter against the Blue Bombers and went briefly for treatment, but was able to return to the game. He missed practice on Monday to have an MRI on the shoulder, which showed only a bruise, and was able to resume normal training.

Tate was forced out of Calgary's 39-36 loss in Toronto on Saturday, which put Glenn on the hot seat in only his second game with the team since he joined the Stampeders in the off-season deal that sent veteran Henry Burris to the Hamilton Tiger-Cats.

Glenn completed 15 passes for 200 yards with two TDs and two interceptions against the Argonauts.

Coach John Hufnagel expects his backup quarterback to improve as he gets used to his new team.

Tate returned to Calgary for an MRI and is getting a second opinion before a definitive statement is made on his condition.

Hufnagel said Glenn was brought in for just such an emergency.

"He's started a lot of games and has had success. I was hoping his role with this team would be to smooth over some rough spots, but injuries happen and he's ready to play and accept this challenge."

Glenn is no stranger to playing in Montreal, having spent the past three seasons in Hamilton. His last visit to Montreal was for the East Division semifinal in November, which turned into a wild, end-to-end game won 52-44 in overtime by the Ticats.

Glenn said it will help that he knows the tendencies of some of Montreal's defensive players, but mostly, he likes that the Stampeders have a lot of veterans on offence to make it easier for him to perform.

"It's the Calgary Stampeders, it's not Kevin Glenn's team," he said. "I'm the guy that tries to hold the pieces together, the coach on the field that makes sure guys are put in situations to make plays."

The Stampeders spent the week in Kingston, Ont., and arrived in Montreal on Wednesday. Hufnagel felt it was better to stay in the east with a short break between games than to risk fatigue and jet lag flying back and forth from Calgary.
THE CANADIAN PRESS

Quoted

"Did we get caught out against Toronto? Yes we did. But the adjustment period is over. For the near future, it's Kevin Glenn's football team."
Stampeders coach John Hufnagel

Calgary Stampeders quarterback Kevin Glenn is sacked by the Toronto Argonauts' Derrick Summers Saturday in Toronto. FRANK GUNN/THE CANADIAN PRESS

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Nash still surprised he's joining Lakers

Steve Nash knew the scene was more than a bit surreal when he stood in the Los Angeles Lakers' training complex, grinning and holding up a gold No. 10 jersey with his name on the back.

"Being here right now is something I never foresaw," Nash said Wednesday. "That (jersey) was a major hurdle for me just to get over visually as a player."

The two-time MVP will get used to it. After spending the past 16 years trying to beat L.A. in Phoenix and Dallas, Nash is switching teams to chase NBA titles alongside Kobe Bryant.

The Lakers formally welcomed Nash on Wednesday, a week after reaching a deal to get the superstar point guard from the Suns. After several days to get used to these developments, the 38-year-old Nash is eager to open another chapter in his remarkable career — a chapter that will extend to at least 2015 under his new three-year, $27 million contract.

"It's a franchise that I think everybody would dream of playing for," Nash said.

"It's an exciting project, to say the least. ... I definitely never thought I'd play 19 years in the league, and I feel very fortunate that I have my health and, most importantly, have the desire to do it.
THE ASSOCIATED PRESS

Steve Nash in El Segundo, Calif., on Wednesday. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	52	33	.612	—
Baltimore	45	40	.529	7
Tampa Bay	45	41	.523	7½
Boston	43	43	.500	9½
Toronto	43	43	.500	9½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	47	38	.553	—
Cleveland	44	41	.518	3
Detroit	44	42	.512	3½
Kansas City	37	47	.440	9½
Minnesota	36	49	.424	11

WEST DIVISION

	W	L	Pct	GB
Texas	52	34	.605	—
Los Angeles	48	38	.558	4
Oakland	43	43	.500	9
Seattle	36	51	.414	16½

Tuesday's result
National League 8, American League 0
Fridays games
L.A. Angels at N.Y. Yankees, 7:05 p.m.
Detroit at Baltimore, 7:05 p.m.
Cleveland at Toronto, 7:07 p.m.
Boston at Tampa Bay, 7:10 p.m.
Oakland at Minnesota, 8:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Texas at Seattle, 10:10 p.m.
Saturday's games
L.A. Angels at N.Y. Yankees, 1:05 p.m.
Cleveland at Toronto, 1:07 p.m.
Detroit at Baltimore, 7:05 p.m.
Boston at Tampa Bay, 7:10 p.m.
Oakland at Minnesota, 7:10 p.m.
Chicago White Sox at Kansas City, 7:10 p.m.
Texas at Seattle, 9:10 p.m.
Sunday's games
L.A. Angels at N.Y. Yankees, 1:05 p.m.
Cleveland at Toronto, 1:07 p.m.
Detroit at Baltimore, 1:35 p.m.
Boston at Tampa Bay, 1:40 p.m.
Oakland at Minnesota, 2:10 p.m.
Chicago White Sox at Kansas City, 2:10 p.m.
Texas at Seattle, 4:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	49	34	.590	—
Atlanta	46	39	.541	4
New York	46	40	.535	4½
Miami	41	44	.482	9
Philadelphia	37	50	.425	14

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	48	37	.565	—
Cincinnati	47	38	.553	1
St. Louis	46	40	.535	2½
Milwaukee	40	45	.471	8
Chicago	33	52	.388	15
Houston	33	53	.384	15½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	47	40	.540	—
San Francisco	46	40	.535	½
Arizona	42	43	.494	4
San Diego	34	53	.391	13
Colorado	33	52	.388	13

Tuesday's result
National League 8, American League 0
Friday's games
Arizona at Chicago Cubs, 2:20 p.m.
Washington at Miami, 7:10 p.m.
St. Louis at Cincinnati, 7:10 p.m.
N.Y. Mets at Atlanta, 7:35 p.m.
Pittsburgh at Milwaukee, 8:10 p.m.
Philadelphia at Colorado, 8:40 p.m.
San Diego at L.A. Dodgers, 10:10 p.m.
Houston at San Francisco, 10:15 p.m.
Saturday's games
N.Y. Mets at Atlanta, 4:05 p.m.
Arizona at Chicago Cubs, 4:05 p.m.
Philadelphia at Colorado, 4:05 p.m.
Washington at Miami, 7:10 p.m.
St. Louis at Cincinnati, 7:10 p.m.
Pittsburgh at Milwaukee, 7:10 p.m.
Houston at San Francisco, 9:05 p.m.
San Diego at L.A. Dodgers, 9:10 p.m.
Sunday's games
Washington at Miami, 1:10 p.m.
N.Y. Mets at Atlanta, 1:35 p.m.
Pittsburgh at Milwaukee, 2:10 p.m.
Arizona at Chicago Cubs, 2:20 p.m.
Philadelphia at Colorado, 3:10 p.m.
Houston at San Francisco, 4:05 p.m.
San Diego at L.A. Dodgers, 4:10 p.m.
St. Louis at Cincinnati, 8:05 p.m.

ALL-STAR GAME RESULTS

2012 — National, 8-0
2011 — National, 5-1
2010 — National, 3-1
2009 — American, 4-3
2008 — American, 4-3 (15 innings)
2007 — American, 5-4
2006 — American, 3-2

ALL-STAR GAME MVPS

2012 — Melky Cabrera, San Francisco, NL
2011 — Prince Fielder, Milwaukee, NL
2010 — Brian McCann, Atlanta, NL
2009 — Carl Crawford, Tampa Bay, AL
2008 — J.D. Drew, Boston, AL
2007 — Ichiro Suzuki, Seattle, AL
2006 — Michael Young, Texas, AL

LATE TUESDAY

NL ALL-STARS 8, AL ALL-STARS 0

NL	ab	r	h	bi	AL	ab	r	h	bi
CGnzlz dh	2	0	0	0	Jeter ss	2	0	1	0
Hollidy ph-dh	1	1	1	1	ACarer ph-ss	1	0	0	0
CJones ph-dh	1	0	1	0	Cano 2b	2	0	1	0
Bourn ph-dh	1	0	0	0	Kinsler ph-2b	2	0	0	0
MeCarr cf	3	2	2	2	Hamltn lf	2	0	0	0
AMcCt cf	2	0	1	0	Trout lf	1	0	1	0
Braun lf	3	1	2	1	Bautist rf	1	0	0	0
Bruce rf	2	0	0	0	Trumo rf	2	0	0	0
Votto 1b	3	0	0	0	Fielder 1b	2	0	0	0
Freese 1b	1	0	0	0	Konerk 1b	0	0	0	0
LaHair 1b	1	0	0	0	Mauer 1b	1	0	1	0
Beltran rf	1	1	0	0	Beltre 3b	2	0	0	0
Harper ph-lf	1	0	0	0	MiCarr 3b	1	0	0	0
Posey c	2	1	0	0	Andrus 3b	1	0	0	0
Ruiz c	1	0	0	0	Ortiz dh	2	0	1	0
Sandovl 3b	2	1	1	3	Butler ph-dh	2	0	0	0
DWrght 3b	2	0	0	0	Napoli c	2	0	1	0
Uggla 2b	3	0	1	1	Wieters c	2	0	0	0
Altuve 2b	1	0	0	0	Grndrs cf	2	0	0	0
Furcal ss	3	1	1	0	AdJons cf	1	0	0	0
SCastro ph-ss	1	0	0	0					
Totals	**37**	**8**	**10**	**8**	**Totals**		**31**	**0**	**6**	**0**
NL					**500**	**300**	**000**	**8**	
AL					**000**	**000**	**000**	**0**	

DP—NL 2. LOB—NL 5, AL 8. 2B—Braun. 3B—Braun, Sandoval, Furcal. HR—Me.Cabrera. SB—Trout.

NL	IP	H	R	ER	BB	SO
M.Cain W	2	1	0	0	0	1
G.Gonzalez	1	0	0	0	0	1
Strasburg	1	1	0	0	1	0
Kershaw	1	2	0	0	1	0
Dickey	1	1	0	0	0	1
Hamels	1	0	0	0	0	0
Kimbrel	2-3	0	0	0	0	2
Chapman	1-3	0	0	0	1	1
Miley	1-3	1	0	0	0	0
Hanrahan	1-3	0	0	0	0	1
Papelbon	1-3	0	0	0	0	0
AL						
Verlander L	1	4	5	5	2	2
Nathan	1	0	0	0	0	0
Price	1	0	0	0	0	0
M.Harrison	1	4	3	3	0	0
Weaver	1	0	0	0	1	0
Sale	1	2	0	0	0	1
R.Cook	1	0	0	0	0	2
Ji.Johnson	1	0	0	0	0	1
Rodney	1	0	0	0	0	0

HBP—by Dickey (Konerko). WP—Hanrahan.
Umpires—Home, Gerry Davis; First, Jim Joyce; Second, Brian Runge; Third, Tony Randazzo; Right, Brian Knight; Left, Lance Barksdale.
T—2:59. A—40,933 (37,903).

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	2	1	1	0	54	55	2
Montreal	2	1	1	0	51	68	2
Winnipeg	2	0	2	0	46	74	0
Hamilton	2	0	2	0	52	82	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	2	2	0	0	60	17	4
B.C.	2	2	0	0	72	52	4
Calgary	2	1	1	0	74	49	2
Edmonton	2	1	1	0	20	32	2

WEEK THREE
Thursday's game
Calgary at Montreal, 7:30 p.m.
Friday's game
Winnipeg at Edmonton, 9 p.m.
Saturday's games
B.C. at Saskatchewan, 3 p.m.
Toronto at Hamilton, 7 p.m.

TENNIS

ATP

WORLD TOUR CAMPBELL'S HALL OF FAME CHAMPIONSHIPS

Wednesday's results
At Newport, R.I.
Singles
Second Round
Dudi Sela, Israel, def. Sam Querrey, United States, 5-7, 7-6 (6), 6-2.
Rajeev Ram, United States, def. Michael Russell, United States, 7-6 (6), 6-3.
Izak Van der Merwe, South Africa, def. Jack Sock, United States, 6-4, 6-4.
Kei Nishikori (2), Japan, def. Olivier Rochus, Belgium, 6-7 (6), 6-4, 6-2.
John Isner (1), United States, def. Nicolas Mahut, France, 6-2, 7-6 (2).
Lleyton Hewitt, Australia, def. Tim Smyczek, United States, 6-4, 2-6, 6-1.
Doubles
First Round
Treat Conrad Huey, Philippines, and Dominic Inglot, Britain, def. Steve Johnson and Denis Kudla, United States, 6-4, 6-1.
Colin Fleming and Ross Hutchins (2), Britain, def. **Vasek Pospisil, Canada,** and Sam Querrey, United States, 7-6 (4), 7-5.
Kei Nishikori and Go Soeda, Japan, def. Carsten Ball, Australia, and **Adil Shamasdin, Canada,** 6-4, 2-6, 10-7 tiebreak.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

OAKLAND ATHLETICS — Released LHP Brian Fuentes.

NATIONAL LEAGUE

CHICAGO CUBS — Agreed to terms with OF Albert Almora on a minor league contract.
MILWAUKEE BREWERS — Assigned RHP Tim Dillard outright to Nashville (PCL). Recalled RHP Tyler Thornburg from Nashville (PCL). Called up SS Jeff Bianchi from Nashville.
PITTSBURGH PIRATES — Agreed to terms with OF Michael DeLaCruz on a minor league contract.

BASKETBALL

NBA

BROOKLYN NETS — Re-signed G Deron Williams to a five-year contract and F Gerald Wallace to a four-year contract.
DETROIT PISTONS — Signed F Kyle Singler to a multi-year contract.
HOUSTON ROCKETS — Traded G Kyle Lowery to Toronto for F Gary Forbes and an unspecified first-round draft pick. Signed C Marcus Camby and traded him to New York for G Toney Douglas, C Josh Harrellson, C Jerome Jordan and two unspecified second-round draft picks.
LOS ANGELES CLIPPERS — Signed F Blake Griffin to a five-year contract extension.
MIAMI HEAT — Signed G Ray Allen and F Rashard Lewis.
MILWAUKEE BUCKS — Signed G Doron Lamb.
NEW YORK KNICKS — Signed G-F James White.
OKLAHOMA CITY THUNDER — Signed F Hollis Thompson.
ORLANDO MAGIC — Signed F Ryan Anderson and traded him to New Orleans for F Gustavo Ayon.
PHILADELPHIA 76ERS — Re-signed F Lavoy Allen.
PHOENIX SUNS — Signed G Steve Nash and traded him to the L.A. Lakers for 2013 and 2015 first-round draft picks and 2013 and 2014 second-round draft picks.
PORTLAND TRAIL BLAZERS — Signed F Victor Claver.
SACRAMENTO KINGS — Re-signed F Jason Thompson.
SAN ANTONIO SPURS — Re-signed F Tim Duncan.

FOOTBALL

Canadian Football League
EDMONTON ESKIMOS — Signed OL Belton Johnson to the practice roster.

HOCKEY

NHL

ANAHEIM DUCKS — Signed G Frederik Andersen to a two-year, entry-level contract.
BOSTON BRUINS — Signed D Garnet Exelby and F Lane MacDermid to one-year, two-way contracts.
CAROLINA HURRICANES — Agreed to terms with D Marc-Andre Gragnani on a one-year, two-way contract.
DALLAS STARS — Signed F Brett Richie and D Troy Vance to three-year, entry-level contracts.
EDMONTON OILERS — Reached a one-year affiliation agreement with Stockton (ECHL).
FLORIDA PANTHERS — Agreed to terms with G Michael Houser and D Josh McFadden on entry-level contracts.
NEW YORK RANGERS — Agreed to terms with F Brandon Segal.
PHOENIX COYOTES — Agreed to terms with F Joel Rechlicz on a one-year, two-way contract.
SAN JOSE SHARKS — Signed D Marc-Edouard Vlasic to a five-year contract extension through the 2017-18 season.
WASHINGTON CAPITALS — Re-signed C Zach Hammill to a one-year contract. Signed LW Wojtek Wolski to a one-year contract.

SOCCER

MAJOR LEAGUE SOCCER

MONTREAL IMPACT — Signed D Dennis Iapichino. Traded F Justin Braun to Real Salt Lake for a conditional 2014 draft pick.
PORTLAND TIMBERS — Recalled F Bright Dike from loan from Los Angeles (USL-PRO). Loaned D Andrew Jean-Baptiste to Los Angeles (USL-PRO).
TORONTO FC — Terminated the contract of F Nick Soolsma.
VANCOUVER WHITECAPS — Sold the contract of M Davide Chiumiento to FC Zurich (Swiss Super League).

CYCLING

TOUR DE FRANCE

At Bellegarde-sur-Valserine, France
Wednesday results
10TH STAGE
A 120.9-mile ride from Macon in southern Burgundy into the Jura mountains to Bellegarde-sur-Valserine, with the first "Hors categorie" climb of this year's tour to the Col de Grand Colombier
1. Thomas Voeckler, France, Team Europcar, 4 hours, 46 minutes, 26 seconds; 2. Michele Scarponi, Italy, Lampre-ISD, 3 seconds behind; 3. Jens Voigt, Germany, RadioShack-Nissan, :07; 4. Luis Leon Sanchez, Spain, Rabobank, :23; 5. Dries Devenyns, Belgium, Omega Pharma-QuickStep, :30; 6. Sandy Casar, France, FDJ-Big Mat, 2:44; 7. Egoi Martinez, Spain, Euskaltel-Euskadi, same time; 8. Pierre Rolland, France, Team Europcar, same time; 9. Jurgen Van den Broeck, Belgium, Lotto Belisol, same time; 10. Dmitriy Fofonov, Kazakhstan, Astana, 2:52.
11. Thibaut Pinot, France, FDJ-Big Mat, 3:16; 12. Cadel Evans, Australia, BMC Racing, same time; 13. Bradley Wiggins, Britain, Sky Procycling, same time; 14. Nicolas Roche, Ireland, France, AG2R La Mondiale, same time; 15. Vincenzo Nibali, Italy, Liquigas-Cannondale, same time; 16. Denis Menchov, Russia, Katusha, same time; 17. Alejandro Valverde, Spain, Movistar, same time; 18. Chris Froome, Britain, Sky Procycling, same time; 19. Rui Costa, Portugal, Movistar, same time; 20. Jerome Coppel, France, Saur-Sojasun, same time.
OVERALL STANDINGS
(After 10 stages)
1. Bradley Wiggins, Britain, Sky Procycling, 43 hours, 59 minutes, 02 seconds; 2. Cadel Evans, Australia, BMC Racing, 1:53 behind; 3. Chris Froome, Britain, Sky Procycling, 2:07; 4. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:23; 5. Denis Menchov, Russia, Katusha, 3:02; 6. Haimar Zubeldia, Spain, RadioShack-Nissan, 3:19; 7. Maxime Monfort, Belgium, RadioShack-Nissan, 4:23; 8. Jurgen Van den Broeck, Belgium, Lotto Belisol, 4:48; 9. Nicolas Roche, Ireland, France, AG2R La Mondiale, 5:29; 10. Tejay Van Garderen, United States, BMC Racing, 5:31.
11. Rui Costa, Portugal, Movistar, 5:46; 12. Rein Taaramae, Estonia, Cofidis, 5:56; 13. Janez Brajkovic, Slovenia, Astana, 6:29; 14. Andreas Kloeden, Germany, RadioShack-Nissan, 6:33; 15. Michele Scarponi, Italy, Lampre-ISD, 7:14; 16. Frank Schleck, Luxembourg, RadioShack-Nissan, 8:19; 17. Jerome Coppel, France, Saur-Sojasun, 8:31; 18. Thibaut Pinot, France, FDJ-Big Mat, 8:53; 19. Levi Leipheimer, United States, Omega Pharma-QuickStep, 8:58; 20. Pierre Rolland, France, Team Europcar, 9:28.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
D.C. United	18	10	5	3	34	22	33
Kansas City	18	10	5	3	23	17	33
New York	18	9	5	4	32	27	31
Chicago	18	8	6	4	21	21	28
Houston	18	6	5	7	22	24	25
Columbus	16	6	6	4	17	17	22
New England	17	6	7	4	24	22	22
Montreal	20	6	11	3	27	36	21
Philadelphia	16	5	9	2	18	18	17
Toronto	18	3	11	4	21	35	13

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	19	11	4	4	36	24	37
Real Salt Lake	20	11	6	3	31	21	36
Seattle	19	8	5	6	23	19	30
Vancouver	19	8	5	6	21	22	30
Los Angeles	19	7	10	2	28	29	23
Colorado	18	7	10	1	25	24	22
Chivas USA	17	5	7	5	11	18	20
Portland	17	5	8	4	16	24	19
Dallas	19	3	9	7	17	27	16

Note: Three points for a win, one for a tie.
Wednesday's result
Toronto 3 Vancouver 2
Saturday's games
Montreal at Philadelphia, 7 p.m.
Toronto at New England, 7:30 p.m.
Kansas City at Columbus, 7:30 p.m.
Vancouver at Chicago, 8:30 p.m.
Dallas at Colorado, 9 p.m.
Real Salt Lake at San Jose, 10:30 p.m.
Los Angeles at Portland, 11 p.m.
Sunday's games
Seattle FC at New York, 4 p.m.
D.C. United at Houston, 9 p.m.
Wednesday, July 18
Chicago at New York, 1 p.m.
Portland at Chivas USA, 4 p.m.
Colorado at Toronto FC, 7 p.m.
New England at Montreal, 8 p.m.
Sporting Kansas City at Houston, 8:30 p.m.
Los Angeles at Vancouver, 10 p.m.
FC Dallas at San Jose, 10:30 p.m.

NASL

Wednesday's result
Puerto Rico 1 San Antonio 0
Thursday's game
Tampa Bay at Minnesota, 8:30 p.m.
Saturday's games
Puerto Rico at Atlanta, 7:30 p.m.
San Antonio at Fort Lauderdale, 7:30 p.m.
Sunday's game
Tampa Bay at Edmonton, 4 p.m.

CSL

Friday's games
Niagara at SC Toronto, 8 p.m.
Waterloo at Mississauga, 8 p.m.
York Region at TFC Academy, 8 p.m.
Kingston at Serbian White Eagles, 9 p.m.
Saturday's game
London at Windsor, 7:15 p.m.
Sunday's games
TFC Academy at Brampton, 3 p.m.
Serbian White Eagles at North York, 4:30 p.m.
Mississauga at York Region, 6:30 p.m.
Niagara at Brantford, 7 p.m.
SC Toronto at Windsor, 7:15 p.m.
St. Catharines at Toronto Croatia, 8 p.m.

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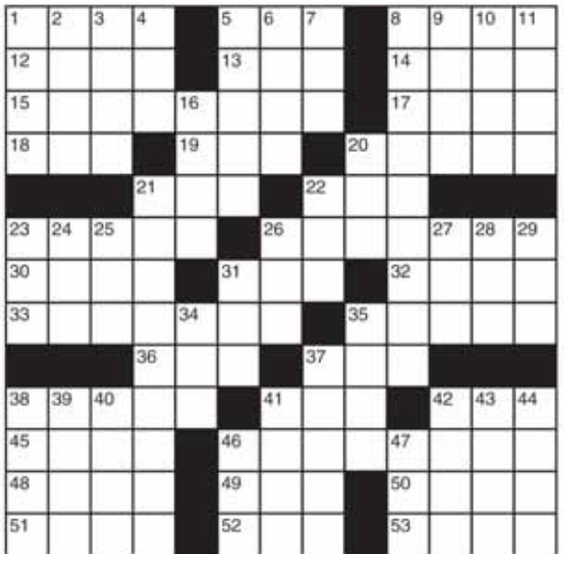
Across
1 Bear lair
5 Bookkeeper (Abbr.)
8 Pocket bread
12 "Yeah, right"
13 Part of UCLA
14 From the beginning
15 Seasoned beef product
17 Luminary
18 Hot tub
19 Work with
20 Tale
21 Spot on a domino
22 Resume
23 Macho type
26 Takes temporarily
30 Love god
31 Remiss
32 Met melody
33 Dangerous snake
35 Use a Cuisinart
36 Mex. neighbor
37 Pub order
38 Fragment of glass
41 Country club instructor
42 Branch
45 Cougar
46 Potpourri
48 Enthusiastic
49 Id counterpart
50 Geometry calculation
51 Got up
52 Buddhist sect
53 "Swell!"

Down
1 Uppercase letters
2 Pronto, on a memo
3 Master-Card rival
4 Small salamander
5 Necklace fastener
6 Apple or pear
7 Spanish for "so"
8 Rural composition
9 Busy with
10 Wardrobe malfunction
11 Distorted
16 Destruction
20 Round Table address
21 Grazing land
22 Carton
23 That woman
24 Geological time
25 Witticism
26 Tavern
27 Raw rock
28 Victory
29 Blue
31 Actress Thompson
34 1960s hallucinogen
35 Rorschach picture
37 Bad lighting?
38 Mast
39 "Les Miserables" author
40 Andy's pal
41 Senate staffer
42 Broad expanse
43 Comic Caroline
44 Vegan's no-no
46 Candy in dispensers
47 Mystery writer Rankin



	3	4				8		
			7	3				1
7					2			3
		3	1		5		9	
	8			4			2	
	5		2		7	6		
5			4					2
3				1	9			
		6				5	7	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

1	4	7	8	9	3	5	2	6
8	5	6	7	4	2	9	3	1
2	9	3	5	6	1	7	4	8
4	7	1	3	2	9	8	6	5
9	2	8	6	7	5	4	1	3
6	3	5	1	8	4	2	9	7
3	1	4	2	5	8	6	7	9
7	8	2	9	3	6	1	5	4
5	6	9	4	1	7	3	8	2

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

I X A Y G M G K W A Y L A K

H V P V L P G J N M G J L G H A K Y ,

V P B W W N P A X A P X N B J C

N K C A K G P M K A I C K V H A K .

Yesterday's Cryptoquip: IF A GUY IS DRESSED IN A FELINE COSTUME, MIGHT YOU CALL HIS HAIRSTYLE A "CAT MAN DO"?

Today's Cryptoquip Clue: I equals W

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

	TODAY	FRIDAY	SATURDAY
	MAX: 29° MIN: 16°	MAX: 23° MIN: 15°	MAX: 25° MIN: 19°

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WEEKDAYS 5:30 AM

Horoscope

Aries | March 21 - April 20. With Mars, your ruling planet, moving through the partnership sector of your chart, this is the perfect time to assess your relationships.

Taurus | April 21 - May 21. Your capacity for hard work is legendary but you could be tempted to take on too many tasks over the next 24 hours. While your energy may be unlimited, your time is not.

Gemini | May 22 - June 20. Throw yourself into a creative activity and forget about personal problems. Working hard on projects that you enjoy will be therapeutic.

Cancer | June 21 - July 22. You need to get over your sense of injustice and stand far enough back to see the big picture. Then you will realize that life is a lot fairer than you have given it credit for.

Leo | July 23 - Aug. 22. Forget about work for the next 24 hours and do something that is purely for fun. If you can arrange it, a trip away from your usual environment will do you the world of good.

Virgo | Aug. 23 - Sept. 22. You may want to make a good impression on certain people but don't do anything you might later regret. Success is important, of course, but so is your sense of integrity.

Libra | Sept. 23 - Oct. 22. All the things that you should have done but never got around to are possible for you now. Make use of Mars in your sign to motivate yourself to do something spectacular.

Scorpio | Oct. 23 - Nov. 21. There will be a number of distractions today and it is quite likely that you will get frustrated at not being able to focus on one thing at a time.

Sagittarius | Nov. 22 - Dec. 21. Even if you are a rare Sagittarius who prefers their own company, you will want to be involved in a group activity of some sort today.

Capricorn | Dec. 22 - Jan 20. You may be determined to prove you have what it takes, but you must also accept there are forces in the world that can't be defeated.

Aquarius | Jan. 21 - Feb 18. Mars in your fellow Air sign of Libra means there is no excuse for moaning that you don't get the breaks. Instead of waiting for luck to come your way, go out and grab it.

Pisces | Feb. 19 - March 20. Others will be eager to involve you in their schemes, but be on your guard. Yes, there is money to be made, but you won't get something for nothing. SALLY BROMPTON

Caption Contest

"Well, it looked like a good idea on paper!"
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